

WIN \$16,000 WORTH OF GIFTS FOR YOU!

THE SINGAPORE

# Women's Weekly

OCTOBER 2015  
\$4.20

## RAISE A HAPPY & HEALTHY CHILD

Singapore mums  
share tips that work

# 20

No-Fail  
Steps To  
Organise  
Your  
Home

## LAZY WAYS TO TRIM YOUR TUMMY

The surprising  
sleep truth  
page 115

## Speedy One-Pot Meals For Weeknights

Natalie Portman  
Finally opens up

LOVE  
Habits To Bring  
You Closer  
Than Ever

### TRUE CONFESION

"I faked my  
way to fame on  
social media"

# Sexy Made Simple!

Celebs share personal  
beauty secrets

Tricks for instantly  
shiny hair

49 supercool  
fashion updates



888721610011



HYDRATION REINVENTED. DYNAMIC INFUSION.



HYDRA BEAUTY MICRO SÉRUM, A REVOLUTIONARY SERUM WITH EXCLUSIVE CAMELLIA MICRO-DROPLETS. THEIR ACTION: PROTECT THE NEW CAMELLIA OIL EXTRACT AND FUSE WITH THE SKIN TO REVEAL EXCEPTIONAL HYDRATING AND PLUMPING POWER. THE RESULT: SKIN INFUSED WITH MOISTURE, SMOOTH AND REPLENISHED, GLOWING WITH YOUTH.

WHERE BEAUTY BEGINS

CHANEL



\*Based on Interface KK. clinical study among 78 Japanese Women, 1999 to 2014. \*10 signs of aging: Lengthwise firmness, crosswise firmness, visible firmness, pores, texture, fine lines, elasticity, glow, dullness, hydration. ^Based on Interface KK. clinical study done among 33 Japanese women in 2014.

# NEW R.N.A. POWER

## THE NEW AGE OF LENGTHWISE X CROSSWISE FIRMNESS

Another anti-aging breakthrough from SK-II. A new level of firmness that will change your destiny.

Inspired by award-winning microRNA research, the R.N.A. POWER Series firms up your skin lengthwise and fills the gaps crosswise, to keep your skin youthful and glowing from every angle.

Change Destiny, now and for the next 15 Years.\*

### NEW R.N.A. POWER CREAM

Moisturizing cream powered with R.N.A. Complex and Pitera™ to firm up skin and help diminish the 10 signs of aging<sup>#,^</sup>, giving you skin that's plump and bouncy.

### NEW R.N.A. POWER ESSENCE

A powerful anti-aging serum that gives a bouncy resilience. In 10 days<sup>^</sup>, your skin is noticeably smoother, with less visible pores and a youthful luminance.

#changedestiny **SK-II**

# Lift up with elasticity! This is the FACE-FIT effect

Without the perfect fit, even a good pair of jeans may not look flattering. The same applies for the face and the eyes! With only a dab of Time Freeze with exclusive Dynamic Collagen™, feel the elasticity around the face and the eyes regain ultra firmness.

Unleash the sparkling beauty in you  
with FACE-FIT and EYE-FIT

## Time Freeze Intensive Cream & Eye Serum





LANEIGE

# Red CARPET

See which celebrities and stars truly light up the night

## Keep In Check

Checkered prints never stop evolving. Case in point: Willow scores with an interesting one-shoulder top that adds a pop to her black-and-white jumpsuit. Victoria's choice of an uneven hemline and a statement clutch gives her fun and flirty appeal while Ellie's clean-cut silhouette adds a classy edge to a look which works for any occasion.



Victoria  
Justice in  
BCBGeneration.



Ellie  
Bamber's  
statement  
booties  
draws  
eyes to  
her gams.



Olivia  
Palermo  
in Dior.



Eva Gonzalez  
flaunts  
her rosy  
complexion  
with the  
help of light  
pink shades.



Nicola  
Roberts in  
House of  
Holland.



Willow  
Shields in  
Self-  
Portrait.



Aimee  
Song in  
Michael  
Kors.

Experiment  
with bolder  
colours for  
an added  
oomph.

# To Runway



Lily Allen  
in Stella  
McCartney.



Han Bo Reum  
plays up her  
graphic top  
with a ripped  
denim skirt  
and sneakers.



Rita Ora  
in Marni.



Lacey Chabert  
complements  
denim with  
nude and  
neutrals for an  
elegant touch.



Ciara's  
brilliant use of  
animal print  
adds some  
pizzazz to the  
laidback look.



Jennifer  
Hudson  
in Soho  
Jeans.



Lee  
Chung-Ah  
goes for  
casual chic  
in loose  
jeans and  
a plain tee.

## Jeanie In A Bottle

The magic of denim is that it's seasonless, and it works for everyone from tomboys with beaten-up kicks to prim and manicured ladies. This season, step out of the safe zone and try denim on denim a la Jennifer who completes her look with a red lip. Rita also provides inspiration with her two-piece, dark denim outfit that exudes boyish energy, as does Lacey who pulls off a feminine look with a nude-coloured blazer and dressier, strappy sandals.

# Red Carpet



Tracy Chou in  
Forever 21.



Belinda Yan  
creates an  
elegant look  
by combining  
fringe and a  
deep-plunging  
neckline.



Sienna  
Miller in  
Thakoon.



Georgina  
Chapman in  
Marchesa.



Rachel Zoe in  
Rachel Zoe.



Emma  
Stone in  
Emilio  
Pucci.



Laetitia  
Casta in  
Givenchy.

## Fringe Benefits

Taking cues from the Coachella festival girl are these ladies, who took its breezy, textural charm to the red carpet – with a dash of elegance, of course. Tracy stays true to the festival vibes with a crocheted, fringed kimono, whereas Rachel's dress definitely made it into the VIP zone with a sprinkle of embellishments. Talk about glamorous – take a look at Sienna who retains the free-spirited fringed appeal with a sparkly, siren-red and stunningly chic Thakoon suit.



## Long Story Short

A good pair of shorts can go a long way, and these ladies show us how versatile they can be. Ji-Hyo pulls together a sporty look with an ensemble complete with a cap and sneakers. If it's too casual, throw on a jacket a la Riva, who matches edgy shorts and a clean white top. And to keep the look classy, keep your accessories minimal like Ella.



*Tuck in the top to dress up the shorts and round off the look with simple accessories.*



# Anne Hathaway

*The Intern's* star never fails to impress with form-fitting silhouettes and dazzling glam gowns



Skyhigh heels are essential if you want to ace wearing a mermaid tail midi dress.



Bare shoulders call for dangling earrings. Preferably sparkly.



Skip accessorising when donning a striking head-to-toe ensemble.



Take drama up a notch with strappy thigh-high heels and a dark bold lip.



Rose gold will complement fair skin tones like Anne's. Medium to darker tones work better with yellow gold.

## Objects of her affection



Top, \$59.90, from H&M Studio.



Skirt from Mulberry.



Earrings, \$900, from Chanel.



Ring, \$8,875, from Fred.



Heels, \$710, from Diane von Furstenberg.



Intense. Inspired. Irresistible.

Nothing outshines the lustre of solid  
22K gold in Moonlight Glow.  
Find your very own moment with ORO22.  
Exclusively at Poh Heng.



ORO22



Our hallmark. Your Assurance.

NOTHING IS QUITE AS PRECIOUS AS TRUST

1800-POH HENG (1800-764 4364) [www.pohheng.com.sg](http://www.pohheng.com.sg)



POH HENG

# Who wore it **BEST?**

*The Weekly shows you which stars make the latest looks work... and why*



Michelle Monaghan



A-Lin



## “BUSINESS CLASS”

Heels are what Sophia should have worn with her suit. Rachel, however, looks red hot in a plunging neckline and perfectly cropped pants. “



## “ALL FRILLS”

We love how edgy Michelle's leather tiered skirt looks with a simple polo tee. A-Lin's petite frame figure would have been accentuated better with a shorter skirt hem. “

## “GAME OF SPORT”

Lea shows off a pop of fresh yellow coordinates but our eyes are on Toni who contrasts her athletic stripes with a gorgeous sea of blooms. “

TIME TO SHINE.

林

“華人知名影后：林依晨”  
ARIEL LIN



SEIKO

DEDICATED TO PERFECTION

Distributor: THONG SIA CO (S) PTE LTD

50 Kallang Avenue #06-03, Singapore 339505. Tel: 6737 6122 Website: [www.thongsia.com.sg](http://www.thongsia.com.sg) SEIKO SINGAPORE

Available at:

SEIKO BOUTIQUES 1 Harbourfront Walk #01-03 Vivo City, Singapore 098585. Tel: 6376 8081  
50 Jurong Gateway Road #01-29 JEM, Singapore 608549. Tel: 6339 4539 CITY CHAIN and authorised dealers  
Insist on SEIKO's International Warranty (521)



# THE SINGAPORE Women's Weekly

OCTOBER 2015

FOR WOMEN WHO WANT IT ALL

## INFORM

- 08 WEST SIDE STORY Stars take sartorial cues from old Westerns by donning checks, denim and fringe
- 12 RAZZLE DAZZLE No one does the glamourista look better than Anne Hathaway
- 14 WHO WORE IT BEST? See which celeb thrills us the most in frills
- 27 COLOURFUL CHARACTERS What were these stars thinking of when they wore that? We guess their inspo
- 32 ON THE COVER KNOWING NATALIE From acting to directing and producing, we hear from Natalie Portman on how she's back to doing what she loves and more
- 34 ONLINE REVOLUTION More people are using the Internet to discuss social issues. We examine if what they're doing is really making a difference

## BEAUTY

- 39 SET TO STUN Work on-trend electric hues into your eye makeup to sizzle
- 40 GO PINK Do your bit in supporting breast cancer awareness with these limited edition buys
- 44 NATURAL BEAUTY Look your healthiest and most radiant thanks to these skin nourishers
- 52 PINE FOR THE BEST Containing potent red pine, this Korean skincare range is your anti-ageing key
- 55 HOT MAKEUP TRENDS TO TRY from top runways
- 62 ON THE COVER SHINE POWER Your cheatsheet to glossy tresses

## ON THE COVER BEAUTY

BY THE STARS *The Weekly* pulls together a panel of 11 gorgeous Asian celebs to bring you their list of beauty must-haves

## FASHION

- 87 GO FOR GOLD Get a gilded edge with updated gold pieces
- 88 SEDUCTIVE BLOOMS The floral trend takes on a sensual spin with decadent dark hues
- 92 PERFECT PAIRING Here are new ways to make your everyday bottoms work
- 94 KEY STAPLES in fresh shapes and textures to invest in
- 104 ON THE COVER TRENDING NOW The best looks we love from Fall/Winter and the must-have pieces
- 110 GREEN WITH ENVY A pop of emerald is a fab way to amp up your outfit
- 112 IT'S ESSENTIAL Build a smart wardrobe with these wear-forever items



44

94

55

110



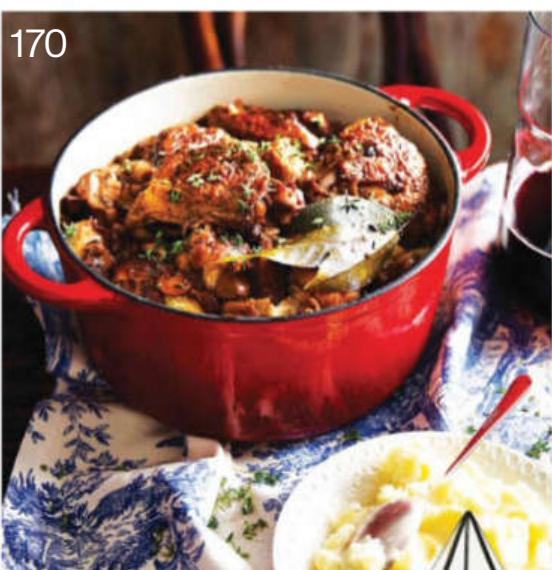
137



143



170



**SAVE 60%**  
when you subscribe  
to 12 print + digital  
issues of  
*The Weekly!* Pg 187



162



## INSPIRE

- 115 **SHED KILOS EASILY** with five simple lifestyle tweaks
- 118 **SNACK ATTACKS** do not need to be unhealthy if you make these guilt-free treats
- 120 **STRONG SURVIVOR** We meet three women who are getting a new lease of life after battling cancer
- 127 **SAVE \$10,000** in just four months with the help of tried-and-tested tips
- 130 **MONICA SPEAKS UP**  
After her infamous scandal, Monica Lewinsky says she's now ready to face the world
- 133 **ON THE COVER RELIGHT THE SPARK** in your love life using expert advice

## RAISE A FUTURE GENIUS ON THE COVER

- 137 **GROW UP HAPPY** Tips and tricks to help your kid progress in life smoothly
- 143 **BALANCED ACHIEVER** Real-life advice on how to ensure you kid ace his endeavours without stress
- 153 **TRENDY TYKES** Take style inspirations from Hollywood's hottest little trendsetters

## INDULGE

- 157 **ROOM TO GROOM** Go for industrial chic with modern furniture
- 162 **ON THE COVER**  
20 INGENIOUS WAYS to free up more space at home
- 170 **ON THE COVER MESS-FREE MEALS** Whip up these one-pot recipes so cleaning up will be a breeze
- 176 **TRICK OR TREAT**  
Halloween-inspired goodies both adults and kids will love
- 184 **MEANINGFUL BAKES** Plan a teatime for a cause with these pretty sweets
- 188 **DECADENT DESSERT** Wow your party guests with these yummy black forest cupcakes
- 190 **CREAMY DELIGHT** Serve up these margarita cheesecake jars for a satisfying end

## EVERY ISSUE

- 20 Cover Style
- 22 Let's Talk
- 24 Your Say
- 116 Love Your Life
- 158 Heart Of The Home
- 168 Passionate About Food
- 194 Horoscopes
- 195 Diary
- 195 Food Reporter
- 200 Shopping
- 202 ON THE COVER**  
Share A Secret

## COOKCARDS TO COLLECT:

Flavourful  
lean roasts

**WIN  
\$16,000  
worth of  
prizes!**

**196** Dejewel Galleria 14K Yellow Gold Antique Cultured Pearl Diamond Pendant With Chain

**197** Revlon beauty hamper

**198** Spa Infinity Customized Botanical Facial

Pg 20 Shiseido makeup hamper Pg 24 Cosme Decorte Liposome Treatment Liquid • Aromantic Canapes Package from So SPA by Sofitel

# THE SINGAPORE Women's Weekly

EDITOR-IN-CHIEF  
Tara Barker

DEPUTY EDITOR Zarelda Marie Goh

SENIOR ART DIRECTOR Ivy Choong

FEATURES EDITOR Candy Lim

FEATURES WRITER Sylvia Ong

EDITORIAL ASSISTANT Janice Sim

DIGITAL WRITER Atika Lim

SUB-EDITOR Sean Tan

SENIOR DESIGNER Christina Lim

DESIGNER Xu Mei Yan

HEAD OF DIGITAL IMAGING Chan Siew Boon

SENIOR DIGITAL IMAGING ARTIST Ivy Goh

DIGITAL IMAGING ARTISTS Angela Chan, Grace Tay

SENIOR PHOTOGRAPHER Chia Yoon Nyen

PHOTOGRAPHER Alexander Ow

SENIOR CONTRIBUTING EDITOR Barbara Koh

HEAD OF SALES & MARKETING Sue Tjong

ASSOCIATE ADVERTISING DIRECTOR Chelsea Lam

ACCOUNT MANAGERS Felicia Gwee, Pearl Leong

ASSISTANT ACCOUNT MANAGER Sheena Tan

ADVERTISING CO-ORDINATOR Gina Chua

KEY ACCOUNTS DIRECTOR Gwendolyn Ho

SENIOR MANAGER, MARKETING Lin Shao Mei

MARKETING MANAGER Imelda Koh

MARKETING ASSISTANTS Wong Jia Min, Grace Poh

HEAD OF DIGITAL & INTEGRATED SOLUTIONS Eileen Chia

HEAD OF PUBLISHING SERVICES Hesta Foong

PUBLISHING SERVICES EXECUTIVE Li Danlin

OFFICE MANAGER Cynthia Ong

EXECUTIVE, EDITORIAL SUPPORT Wendy Wong

ADMIN SUPPORT EXECUTIVE Joreen Tan

SENIOR SUPPORT MANAGER Joey Chow

---

OPERATIONS DIRECTOR Seymour Cohen

---

**SPHmagazines**  
A SUBSIDIARY OF SINGAPORE PRESS HOLDINGS

CHIEF EXECUTIVE OFFICER Loh Yew Seng

MANAGING DIRECTOR Maureen Wee

GROUP EDITOR-IN-CHIEF Caroline Ngu

PUBLISHING SERVICES DIRECTOR Leong Tscheng Yee

DIRECTOR OF STRATEGIC PLANNING Foong Seong Khong

VICE PRESIDENT, HUMAN RESOURCES Irene Lee

*The Singapore Women's Weekly* is published monthly by SPHM Pte Ltd, a subsidiary of Singapore Press Holdings. 317 Outram Road, #03-01A/B Concorde Shopping Centre, Singapore 169075, Telephone (65) 6671 7940; Fax (65) 6227 7002; Email: [sww@spph.com.sg](mailto:sww@spph.com.sg). Printed by Times Printers Pte Ltd. Distributed by Singapore Press Holdings Ltd. *The Singapore Women's Weekly* shall not, without written consent of the publisher, be given, lent, resold, hired out or otherwise disposed of in a mutilated condition or in any unauthorised cover by way of trade; or affixed to or as part of any publication or advertising, literary or pictorial matter whatsoever. We welcome features from contributors but no responsibility is accepted for lost material. The publisher retains all rights and total ownership of reader contributions, once published. All prices are approximate and are in Singapore dollars unless otherwise stated. Circulation hotline: 6388 3838.



naturalizer

— SHOES FIT FOR YOU —

naturalizer Wheelock Place #03-11 | naturalizer Velocity #01-46 | URBAN360 Paragon #04-11 | URBAN360 Marina Square #02-337A  
Tel: +65 6235 7152 Tel: +65 6258 2437 Tel: +65 6836 5607 Tel: +65 6338 9052

naturalizer Counters:  
Robinsons Raffles City, Metro Paragon, Tangs VivoCity & BHG Bugis

Distributed by Trendz360 Pte Ltd



**EXCLUSIVE**

## 1-FOR-1 DINING DEALS!

Enjoy these special 1-for-1 dining treats just for you!

*Turn to page 192.*



**RED HOT**

Execute your red hues just like Natalie Portman, who bares it bold and fearless.

Top from Kate Spade.

Trousers, \$139, from H&M Studio.

Draw all attention to your bling and bare shoulders like what Natalie did with a slick comb back.

Wallet, \$740, from Dior.

Heels, \$1,580, from Roger Vivier.

Bangle, \$1,110, from Louis Vuitton.

Earrings, \$160, from Tory Burch.

COMPILED BY JANICE SIM / COVER PHOTO: CLICK PHOTOS / PHOTOS: CORBIS, 123RF.COM

## WIN! THE COVER LOOK

Attain the perfect sun-kissed glow, with makeup from Shiseido. We are giving away five makeup hampers, worth \$174 each, with Face Colour Enhancing Trio, Full Lash Volume Mascara, Perfect Rouge and Shimmering Cream Eye Colour.



**SCAN THIS QR CODE TO ENTER.**

Promotion valid from September 16 to October 15, 2015. Visit <http://bit.do/swwoct15> to participate in this promotion. Winners notified via e-mail by end of November 2015. Promotion open to all residents of Singapore, other than employees and their families of SPHM Pte Ltd and its associated agencies.



Hello Tomorrow

Emirates

# Be there when the Middle East shows you around



Fly to 17 destinations across the region and enjoy its boundless hospitality.

Amman	Beirut	Dubai	Madinah
Bahrain	Damascus	Erbil	Muscat
Baghdad	Dammam	Jeddah	Riyadh
Basra	Doha	Kuwait City	Sana'a
			Tehran

[emirates.com/sg](http://emirates.com/sg)

World-class service • Free Wi-Fi on select aircraft • Gourmet cuisine

For more details, visit [emirates.com/sg](http://emirates.com/sg), call us at 6622 1770 or contact your travel agent.

# Let's Talk

**D**o you find change easy? I don't. Sometimes, when I move to a new job or house, it takes me a while to calm down and love it. So this month, I'm focusing on:

## HOW TO ENJOY ALL THE CHANGES IN OUR LIVES



### 2 Say Boo!

Halloween parties are getting more popular

here, but they can be a little overwhelming for smaller kids. So in this issue you'll find easy food and party ideas that are fun creepy, not scary creepy, on page 176. Plus all the ingredients are easy to find in tropical Singapore.

*Jann*

Tara Barker  
Editor-in-Chief



### 1 Fashion is your playground

Clever accessories are the easiest and most cost-effective way to change up your style – and on page 104, you'll find our edit of the 49 best new items for you. From the season's must-have structured bags to statement footwear and dresses, everything offers real fashion bang for buck.



### 3 You can raise a future genius

Raising kids means dealing with an endless series of changes. You have to adapt to your child's own evolving abilities, plus deal with changes in society and the school system. So this month we share expert tips on how to help your kids excel, from page 137.



### 4 Listen to your body whisper

Some changes are a bombshell. At 25, singer Daphne Khoo was diagnosed with ovarian cancer. It's called the "cancer that whispers" because symptoms are subtle.

But more women are now getting themselves checked, thanks to campaigns like this month's Breast Cancer Awareness Month. Turn to page 120 and be inspired by real-life stories.



### 5 Hello! Hello!

We get on well at *The Weekly*, as you can see from our "wefie". And we have so many more ideas to share with you. So I'm thrilled that from next month onwards this page will be by *The Weekly*'s fantastic new Editor-in-Chief, Barbara Koh. I'll still be part of this team, but in more of a behind-the-scenes role. Like I said, change is good!

FOLLOW US: ON FACEBOOK at [www.facebook.com/thesingaporewomensweekly](http://www.facebook.com/thesingaporewomensweekly) • ON INSTAGRAM @thesingaporewomensweekly



LOG ON TO

**www.mysk2spa.com**

Sign up for your trial today!

Because your skin is your constant  
representative to the world

**SK-II** *Boutique*  
BY SENZE SALUS

Shaw Centre #02-06 t: 6836 9168 | Millenia Walk #02-54 t: 6336 4880  
[www.mysk2spa.com](http://www.mysk2spa.com)

# Say it, E-mail it, Facebook it

If you have news, views or issues you'd like to see



## POST of the month

Daphne Natalie Lee shares her best anti-ageing secret on *The Weekly's* Facebook page:

"The sun is the greatest enemy of our skin. My best anti-ageing secret is to stay out of the sun whenever possible, and if you go out, bring an umbrella with UV protection. Cover yourself up and apply sunscreen. My 75-year-old mum, who practises good skincare and always tries to stay out of the sun, still has fair and smooth skin today!"



PHOTO: 123RF.COM



## E-MAIL of the month

### From Joyce Fong –

"Thank you for your 'Forever Young Special' in the September issue of *The Weekly*. It was a very enlightening and encouraging read. Your articles made me realise that ageing is not as bad as we think, and that there are positive sides to it as well. With the myths debunked, I now look forward to growing old and ageing gracefully!"



## E-MAIL + POST OF THE MONTH SENDERS BOTH WIN A COSME DECORTE LIPOSOME TREATMENT LIQUID (170 ML), WORTH \$157

Bring your skin's glow to the next level with this industry-first treatment lotion that incorporates multi-layered liposome technology. Featuring a light and refreshing texture, the lotion endorsed by Kate Moss goes beyond giving moisture to skin – it also enhances skin's cell structure to maximise the absorption and retention of beauty ingredients in your other beauty products. Oil- and paraben-free, it's suitable for all ages and skin types, including sensitive skin.

## The Weekly's Hot Husband of the Month

Nantheini  
Elangovan waxes  
lyrical about her  
husby Muthoo:



"I consider my husband a hot and cool combo! Despite our hectic long work hours, Muthoo makes me look forward to coming home for his yummylicious dinners. He sets the mood right when mine isn't and is also a cool dad cum friend to our teenage son."



Our Hot Husband of the Month wins an Aromatic Canapes Package which includes a 60-minute massage and canapes for two from So SPA by Sofitel, worth \$360. For more information, visit [www.sospasentosa.com](http://www.sospasentosa.com).

Would you like to participate in E-Mail, Post or Hot Husband of the Month?  
Write to [sww@sph.com.sg](mailto:sww@sph.com.sg) or visit [www.facebook.com/thesingaporewomensweekly](http://www.facebook.com/thesingaporewomensweekly), and you may win a prize.

Christy Turlington Burns  
Model, Mother, Maternal Health Advocate

Let your  
beautiful skin come  
**from within**

IMEDEEN® skincare tablets are scientifically proven to help reduce signs of aging by enriching your skin from within

IMEDEEN® tablets work from the inside to help rebuild, nourish and protect skin where creams can't reach. Added to your daily skincare regimen, this unique formula helps to visibly reduce fine lines and wrinkles, improve moisture balance and make skin more supple and smooth.



**IMEDEEN®**



Beautiful skin begins within

Beauty starts inside at [imedeen.com.sg](http://imedeen.com.sg)

Pfizer

IMD/CON/02/15MAR2015



BEFORE



# Longer, Fuller, Healthier Hair - In only 2 Hours!

ARE YOU UNHAPPY WITH YOUR HAIR? Are you dreaming of longer, fuller, shinier or healthier hair? No matter what hair you are dreaming of: we can make your dream come true in only 2 hours!

The HAIRDREAMS HAIR CREATION SYSTEM is a unique, patented system from Europe. It will make your hair "grow" to any desired length or volume by adding carefully selected healthy, shiny Hairdreams hair. The additional hair is integrated quickly, gently and semi-permanently by experienced hair creation experts with German precision technology. There will not be any harm to your hair or skin. Unlike with treatments you will see immediate results. Unlike with wigs or hairpieces your hair will look and feel perfectly natural and your scalp can breathe freely.

Sounds too good to be true? Then contact us for a free consultation with no obligation!

ONLY FOR SINGAPORE WOMAN'S WEEKLY READERS:

BOOK YOUR CONSULTATION NOW  
and enjoy one FREE WELCOME TREATMENT\*  
(total value \$330)  
Code: SWW10

\*T&Cs apply

Hairdreams® | COUTURE SALON

51 Cuppage Road | #01-09 | Singapore 229469  
[myhairdreams.com.sg](http://myhairdreams.com.sg) | T: 65898797

# GossipWire



# Costume Party

The ultimate guide to dressing up!

## These celebs' bad wardrobe choices are just perfect for Halloween



The newly-single Kris Jenner must have borrowed this colourful camo jacket from Ben Stiller who wore it as his *Zoolander* character. Only Ben was more sensible to pair it down with jeans.



**DRAGON  
LADY**



It took Chinese designer Guo Pei two years to hand sew the humongous yellow gown for Rihanna, but you can just wrap your shoulders with a yellow blanket or comforter to save time.



**PARROT**  
FKA twigs has gone cuckoo in this feathered Alexander McQueen number.



**PUNK REBEL**



Once again, Lady Gaga displays her penchant for outrageous this time in towering creepers and lacy tights - a nod to street punks.



Is Miley Cyrus taking inspo from our very own PCK in his trademark yellow boots?



**PHUA  
CHU KANG**



You're making a mammoth mistake, Kerry Washington, this dress obviously belongs to Mr Snuffleupagus from Sesame Street.



A photograph of Beyoncé sitting on a yellow couch, wearing a black jumpsuit with a belt. She has her hair pulled back and is wearing large blue earrings. An orange arrow points from the word 'Beyoncé' in the previous block towards her.



We hear she's in talks to join the *Avengers*' franchise and become a superhero. We're hardly surprised — she's been dressing the part for years!



## PAN LINGLING, 45

The local thespian was diagnosed with first stage breast cancer in 2013 and had a partial mastectomy and a breast reconstruction surgery. She also had chemotherapy which caused her hair to fall out and weight to balloon by 10 kg.

# CANCER WARRIORS

Take a look at who stood up to cancer and won



## CHRISTINA APPLEGATE, 43

Five years ago, Christina removed both breasts after an MRI detected breast cancer. That experience led the mother-of-one to set up Right Action for Women which offers free MRIs for high-risk women.



## HUGH JACKMAN, 47

Since 2013, the *X Men: Days of Future* star has undergone several surgeries to treat skin cancer. "It's likely that I'll have more... it's common for an Aussie growing up in Australia where I don't remember ever being told to put sunscreen on," he shares.



## COBIE SMULDERS, 33

"I had tumours on both ovaries and the cancer had spread into my lymph nodes and surrounding tissues," reveals the *The Avengers: Age of Ultron* actress about her cancer ordeal at 25 years old. She had multiple surgeries and still went on to have two children naturally.



## SOFIA VERGARA, 43

The *Modern Family* star was diagnosed with thyroid cancer when she was 28. She underwent a surgery to remove her thyroid and radioactive iodine therapy. Sofia is the spokeswoman for Follow The Script, a campaign for hypothyroidism.

## From Bruce To Cait

What it takes for the 65-year-old father-of-six to finally be a free woman

**\$5,500,000**

Plastic surgeons estimate Caitlyn Jenner may have spent up to \$5.5 million on transgender surgeries.

**\$100,000**

She probably also had a 10-hour facial feminisation surgery to soften and contour her manly features.

**36D**

The bra cup size of Cait's new assets which she'd likely paid \$25,000 for.

**\$300,000**

Cait has been shopping up a storm, stepping out in up to three outfits a day, including designer labels like Hervé Léger and Diane von Furstenberg wrap dresses.

**\$25,000**

To remodel the closet in her Malibu pad which reportedly cost her \$5 million to purchase.

**90 minutes**

How much time she spends doling up and dressing up each day.

**3 MILLION**

The number of followers on her Twitter account. Cait amassed one million follows just four hours after the account was set up on June 1, setting a world record.



## Doe Ambitions

If there was an audition for the role of Bambi, these skinny celebs and their toothpick-thin pins will make the shortlist



**KAREN NG**  
A severe bout of acid reflux may have caused the 21-year-old actress to lose 8 kg, down to 40 kg.

**FANN WONG**  
The local star says a customised post-natal slimming programme helped her shed 16 kg.

**TAYLOR SWIFT**  
Does anybody believe the 25-year-old songbird "loves baking"?

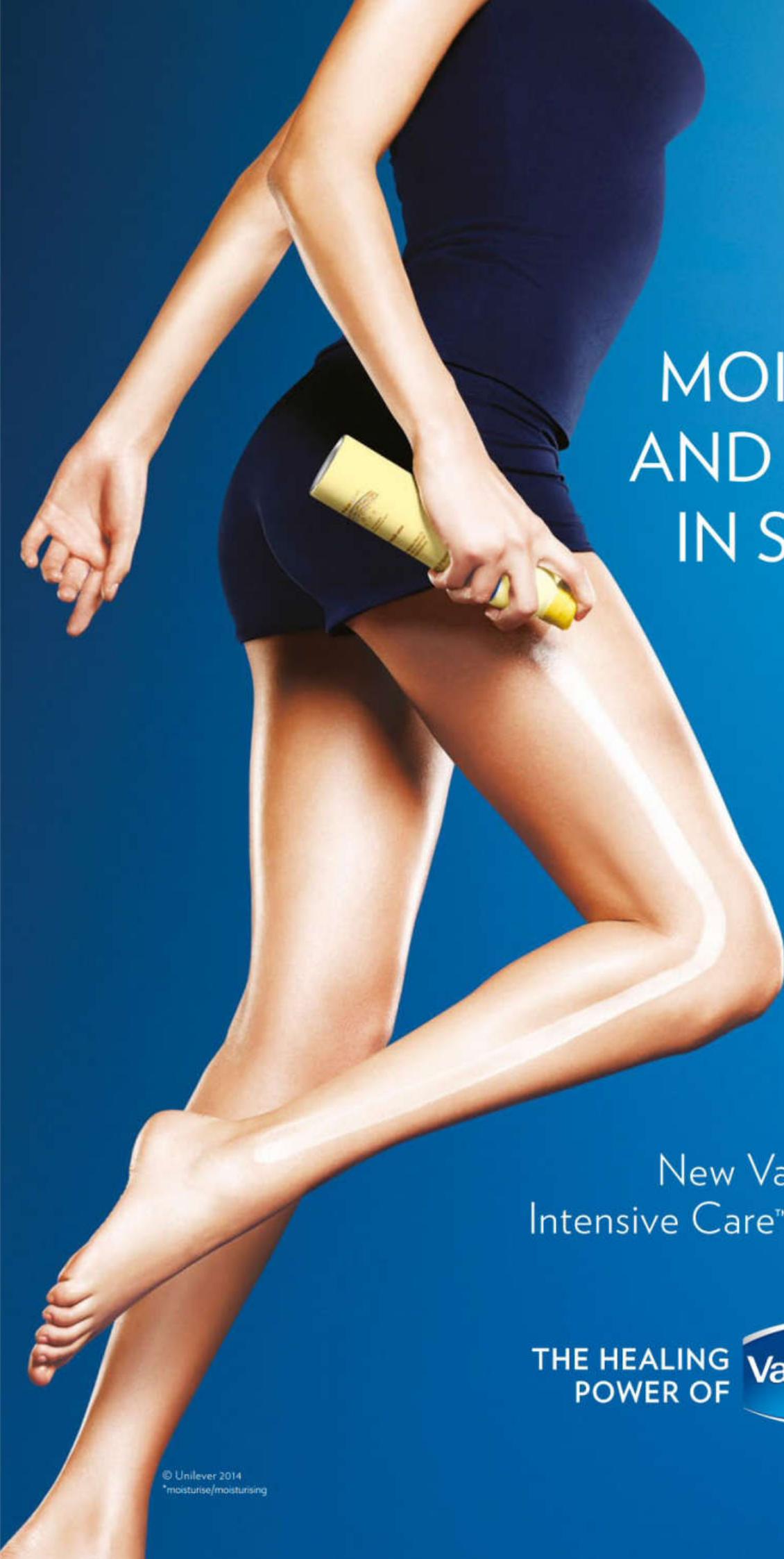
**KAROLINA KURKOVA**  
The supermodel used to get picked on at school for having long legs. Lucky for her now!

**AMAL CLOONEY**  
Most brides shed weight before the wedding, but a year on Amal is still thinning down.

**IM YOONA**  
Experts say the 25-year-old Girls' Generation singer survives on just 800 calories a day.

**ANJA RUBIK**  
The Polish model swears by 20 minutes of weight training, Yoga and Pilates daily to stay svelte.

**ALEXA CHUNG**  
This 31-year-old TV presenter and model buckles under pressure: "I get thinner when I'm stressed."



MOISTURISES  
AND ABSORBS  
IN SECONDS,  
TO HEAL\*  
DRY SKIN

New Vaseline®  
Intensive Care™ Spray

THE HEALING  
POWER OF



## FROZEN FACES

These famous faces never seem to age.  
How do they do it?

**Gong Li**

**Cindy Crawford**

**Heidi Klum**

**Jennifer Garner**

**Li Nanxing**

**28 YEARS LATER!**

"I rest well and exercise regularly to improve blood circulation and eliminate toxins. I also apply a mask three times a week," says the 49-year-old Chinese star.

**23 YEARS LATER!**

"The secret is there is no secret," says the 49-year-old supermodel. "Don't smoke, get enough sleep, drink plenty of water and find what makes you happy," she adds.

**15 YEARS LATER!**

"I learned not to go in the sun - it's so damaging it's not worth it," says the 42-year-old supermodel.

**14 YEARS LATER!**

"I'm a big believer of sunscreen and start each day applying sunscreen from SPF 45 to SPF 70," she says.

**2001**

**1987**

**1992**

**1988**

**27 YEARS LATER!**



**4 reasons  
WE LOVE  
HUANG XIAOMING**

**1 HE LOVES UNCONDITIONALLY**



The 37-year-old Chinese actor had a big crush on actress Vicki Zhao ever since when they were classmates at the Beijing Film Academy. But no romance ever sparked and he went on to marry actress Angelababy this year.

**HE KNOWS WHAT WOMEN WANT**



At Angelababy's 25th bachelorette birthday party last year, Xiaoming surprised her with a large bouquet of red roses and a matte black Lamborghini that cost him over \$400,000!

**3 HE'S INDESTRUCTIBLE**



No really! Xiaoming has survived three traffic accidents. The first time, his foot got run over by a jeep. The next two incidents happened during filming: A collision with a truck that caused him to lose consciousness and a car accident which injured his neck.

**4 HE HAS PANDA BABIES**



In 2008, Xiaoming, who's also a well-known philanthropist, adopted twin pandas Ping Ping and An An who are the first panda cubs born after the 2008 Sichuan Earthquake. He is also an ambassador to China's Panda Protection Research Centre.

# Natural Key Line New Upgrade

My Beauty Diary®

Prettier day by day

Increased Hydration!



Follow us on Facebook and Instagram



MyBeautyDiarySg

Insist on English packaging to ensure authenticity of product

## Cosphingo™ X Aquaroad™

Double-acting ingredients for improved and long-lasting moisturization

## Ultra-Silky Hydrating Fabric

Super adhering & ultra thin Tencel fabric improves skin's absorption of essence

Super Adherence

*After a few years out of the spotlight, Natalie Portman is back into the swing of things. She tells us about directing her first film, raising her first child and living in Paris for the first time*



# Back on *track*

TEXT: FAMOUS FEATURES / PHOTO: CLICK PHOTOS

**“I love being a mother and I am so grateful for my life with my husband Benjamin who has enabled me to take on the best role of my life”**

This is shaping up to be a very big year for Natalie Portman. In February, she attended the Berlin Film Festival for the world premiere of *Knight of Cups*, the new Terence Malick film in which she plays a woman involved with Christian Bale's tormented Hollywood screenwriter. In May, she was off to Cannes where her latest movie *A Tale of Love and Darkness*, was screening at the world's most prestigious film festival. Based on Israeli author Amos Oz's best-selling memoir about growing up in Jerusalem in the 40s and 50s, the film marks the Israeli-born Natalie's debut as a director and screenwriter (she also co-stars in the film).

That's not all. The 34-year-old actress will soon be seen in *Jane Got a Gun*, the long-delayed Western drama in which she stars as a frontierswoman trying to defend her homestead against a gang of outlaws.

“I'm glad the film is finally getting a chance to be seen,” Natalie, who also produced the film, says. “It was a difficult movie to make but I loved working in New Mexico and it's a miracle it turned out so well.”

Natalie's appearance in *Jane Got a Gun* marks her first acting appearance since 2013's *Thor: The Dark World*. Married to 38-year-old French dancer and choreographer Benjamin Millepied whom she met on the set of *Black Swan*, the 2010 film which earned her the Oscar for Best Actress, Natalie has spent much of the last few years focused on raising their son, Aleph, now four, and struggling to finance *A Tale of Love and Darkness*. She personally met with Israeli writer Amos Oz to convince him to give her the rights to his book, and considers bringing the story to life one of “the greatest achievements” of her career.

Now living in Paris, Natalie is busier than ever. She is working on *Planetarium*, a drama co-starring Lily-Rose Melody Depp, the teenage daughter of Johnny Depp and French singer Vanessa Paradis, and will be shooting *Jackie*, taking on the title role of Jacqueline Kennedy in a story set in the days following the assassination of US president John F. Kennedy. Here, she tells us more about what's been keeping her busy professionally and personally.

#### **How did you feel when the audience gave a standing ovation after watching *A Tale of Love and Darkness* in Cannes?**

“I was so honoured just by being invited to show my film in Cannes. I couldn't have asked for anything better. I was also proud to be able to tell a story that is a serious reflection on Israel – it's something that I'm very emotional about. So seeing the film play for the first time in front of

an audience in a huge theatre was an incredible experience. I was deeply moved by the public reaction to my film. It gave me the feeling that I had done a good job.”

#### **You didn't plan on acting in the film until very late in the pre-production process?**

“No! I had originally planned on hiring an Israeli actress to play Fania but then financial considerations forced me into playing the part myself. That turned out to be a blessing in disguise because it made it a little easier to shoot the film because I find the hardest thing about being a director is to explain to the actors how you want them to play a certain scene or interpret their characters.”

#### **Was it hard to master the Hebrew language since the film was shot in Hebrew?**

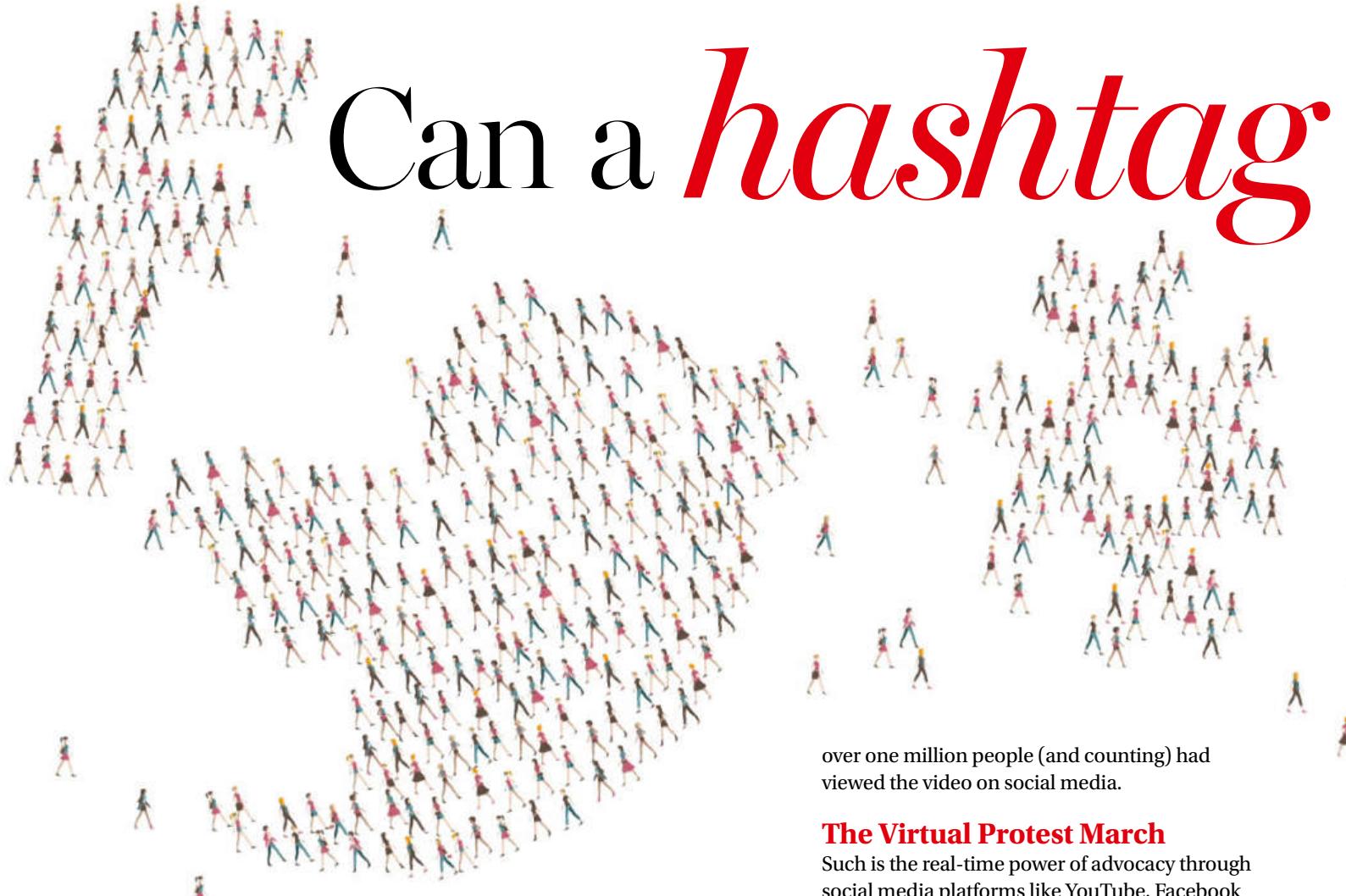
“Even though I can speak the language I haven't lived in Israel since I was a baby and I don't have many occasions to speak it. I hired a dialect coach so I could improve my pronunciation. For some scenes I needed to learn to speak English with an Israeli accent. I've never worked harder than I did in this role to convey not just some very deep emotions but also to be able to understand the subtlety of the humour that Israelis use.”

#### **What is it like living in Paris?**

“I love the way the French have such a profound appreciation for the arts and culture. They consider film as a fundamental aspect of their cultural fabric and I love having intense discussions about great French directors and some of the classic French films. I feel a part of that culture in a small way from having worked with Luc Besson as my entry into the film world and I really want to be able to make a film here again. Another thing I love about walking the streets of Paris is discovering that there's a bookshop on nearly every corner. It's so stimulating to be able to walk inside those shops and see rows of books ranging from literature to film to art and just spending hours. I'm starting to understand French much better now and soon I hope to be able to carry on an intelligent dinner conversation in French.”

#### **Has being a mother changed you?**

“I'm trying to be more patient and not being as stressed as I sometimes can be. I love being a mother and I am so grateful for my life with my husband Benjamin who has enabled me to take on the best role of my life. It's wonderful to watch your child grow and learn every day. I also have a lot more confidence overall and that's been why I decided to direct my first feature that we made in Israel last year.” **W**



*Hashtag campaigns help us make our voices heard when it comes to social issues, but is that enough to really make a difference? The Weekly finds out*

BY MADELINE LIN

# Can a *hashtag*

**J**uly 20, 2015, was supposed to be a regular weekday for 58-year-old Madam Kamisah Burel. For her, that meant being berated and slapped repeatedly in the face by both her 25-year-old daughter and neighbour – who had allegedly fed her faeces and urine before – outside their Lower Delta Road HDB flat.

Madam Burel was supposed to continue sweeping the corridor for them, and go back inside to nurse her facial bruises, old and new. She was supposed to be defenseless; she was supposed to remain a family secret.

But the family didn't count on a passer-by secretly taking a smartphone video and posting it online.

That very night, when Facebook user ApohTecky Numero uploaded the appalling video scene with the hashtag #savethemakcik, Madam Burel became an instant poster child for Singapore's abused elderly. Within hours, the video went viral – and a new hashtag campaign was born.

The Ministry of Social and Family Development quickly got involved and took Madam Burel to the hospital, while the family was put under police investigation. In less than six hours, the video had garnered over 320, 000 views and in less than two months,

over one million people (and counting) had viewed the video on social media.

## **The Virtual Protest March**

Such is the real-time power of advocacy through social media platforms like YouTube, Facebook and Instagram. They offer the average Jane a chance to have an impact on the world, just by showing up online.

While there are various forms of digital activism, hashtagging is currently social media's blue-eyed child, "Hashtags are the secret little language of social media that has gained credibility over the years," explains Sharon Neo, owner of Digital Influence Lab, a global digital marketing agency.

Originally meant by ex-Google developer Chris Messina as a filter icon on Twitter, the # symbol turned out to be the perfect tool for fast mobile searches and shares. And in today's smartphone era, this translates into campaigns gaining momentum through word of mouth everywhere.

"Twitter, Facebook and other platforms have allowed individuals with like-minded ideas and concerns to come together, regardless of distance and geography," notes Don Anderson, managing director of global social media marketing agency, We Are Social.

And from a campaign's viewpoint, it's much simpler to add a hashtag to draw attention to a campaign than pour in money to get noticed through conventional marketing.

"Causes are really only one hashtag word away from being potentially seen by millions of

# change the world?



people," notes Anfernee Tan, an international social media strategist and co-founder of e-employability platform, Biipmi. And these numbers count when a cause wants to spread the word, raise funds or call for action.

For instance, through #IceBucketChallenge, the ALS Association in the US raised over US\$100 million in 2014. Comparatively, it only managed to raise US\$2.8 million through non-social media means, the previous year.

It is this transparent and real time impact that makes hashtag campaigns so popular. People can actually see the change happening. When journalist Ayman Mohyeldin was pulled out of Gaza for live-reporting an Israeli airstrike that killed four kids, speculation of a hush-up arose. #LetAymanReport went viral, and after just 24 hours of e-protests, Ayman was reinstated.

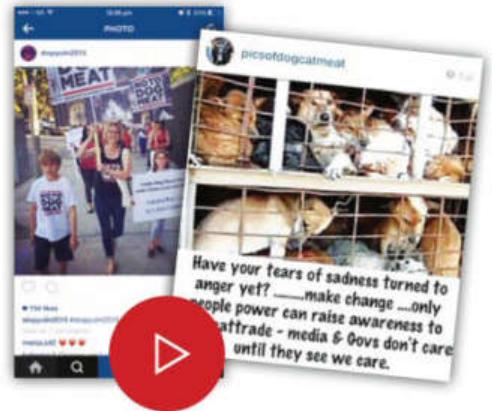
Embedded in hashtag activism is a certain grassroots-level "people for the people" community mentality. Like a digital protest march, it seeks attention, but in non-disruptive

## The Top 8 Trending Hashes You Must Know About

### #StopYulin2015

Animal lovers gathered behind this hashtag (started by the Duo Duo Animal Welfare Project in China) to protest the annual dog meat-eating festival in Yulin, China, in June. According to reports, about 10,000 dogs are killed for consumption, some inhumanely so. An alleged 90 per cent of them are stolen house pets.

More than 3.8 million people signed an e-petition to stop the event from happening on Change.org, while over 250,000 tweets circulated Twitter. Instagram logged over 1,292,000 posts. On the day of the event itself, people showed up to protest but the festival went ahead.



### #DudesGreetingDudes

Born as a reaction to an awareness-raising video of a woman getting cat-called and sexually harassed all over New York City, this hashtag challenges men to question their motives for being so friendly to women in general. Using humour to prove catcalling isn't just a friendly hello, comedian Elon James White wants men to start thinking about how they would feel if their own comments were repeated back at them from another man. He quips, "If catcalling is all about being social and has nothing to do with pursuing the woman then why don't men be social amongst themselves?"

### #WhyIStayed

#WhyIStayed creator and survivor of an abusive marriage, Beverly Gooden, wanted to explore this topic after she and the world watched abuse victim Janay Rice marry National Football League player Ray Rice. He beat her unconscious while they were still engaged.

Within this movement, anyone can share their own stories or support the sharers. "I knew I had an answer to everyone's question of why victims of violence stay. But I can't speak for Janay Rice, I can only speak for me," Beverly explains.

Seen from the point of view of the abused, this movement has created meaningful dialogue and solidarity. This campaign took off when victims started sharing their stories grassroots-style – and the heart-wrenching reasons why they stayed – through 200 tweet posts.



### #LeanInTogether

Inspired by Facebook COO Sheryl Sandberg's 2013 book *Lean In* about gender equality from a woman's perspective, this movement seeks to include the other side of the story: The men. A major campaign of the Lean In organisation, it is supported by Lean In's web page, Facebook and Twitter accounts, and had scored 15,356 likes on Instagram in four months.



The hashtag campaign, which started in March, includes practical tips for men to help their women with chores and at work. Fans of this campaign include Warren Buffett and Hugh Jackman, who scored over 57,000 "likes" for a photo of him happily taking out the trash.





#NationOfKindness

This hashtag is the digital arm of the Singapore Kindness Movement (SKM). Created with the “for the people, by the people” mentality of social media activism in mind, SKM created an everyday man “mascot” in the form of an “Awkward Ah Seng” who makes it his “quest to make someone’s day... without the awkwardness”

Singaporeans were also asked to share their thoughts and feelings about kindness on their social media accounts last year, under the hashtag #nationofkindness.

Lastly, SKM got its corporate partners Gardenia, F&N and Super Group to pledge one food item, or act of kindness, for each hashtag, or message of kindness, shared. 6,000 posts were gathered in three months – leading to the equivalent in food being distributed to Singapore's underprivileged households.



#IceBucketChallenge

Now held up as a shining example of a mega successful social media campaign, the Amyotrophic Lateral Sclerosis (ALS) Association took in 3,500 per cent times the donation size last year than in 2013 for this campaign, with over three million people donating.

More than just a hashtag at its inception, this movement used videos of people dumping buckets of ice water on themselves and one another to raise awareness of ALS.

The videos went viral between July and August last year. To date, more than 1.6 million videos are on Instagram. It helped that huge celebrities like Ellen Degeneres, Kate Moss and Victoria Beckham supported this hashtag too.

From awareness-raising to fundraising, the huge success of this hashtag ensured its return for this year's challenge.



#NoMakeupSelfie

This decentralised campaign is the best example of how organically a social media movement can grow. With no apparent creator, #NoMakeupSelfie spontaneously grew out of an earlier trend by Hollywood celebrities going bare-faced, just because.

Women spontaneously started taking pictures of themselves sans makeup as well, and somehow the #nomakeupselfie hashtag was born to park all the pictures of natural beauties – to the tune of over 287,200 posts on Instagram.

For further awareness raising, women can nominate their friends to post selfies online, and further also donate money to cancer research through a text message. This instant hit raised eight million pounds for Cancer Research UK (CRUK) in just six days.

The interesting thing is, due to a lack of intentional leadership or organisation, some participants mistakenly thought the funds were being raised for Unicef or WWF. Unicef even had to transfer back over 18,600 pounds to CRUK!



ways. "People participate in hashtag campaigns because they believe in them," muses Stefan Lim, director of digital creative company, Noisy Crayons. "Hashtags give a sense of authenticity."

## Activist or Enthusiast?

The idea of being able to change the world just by “liking” a post or “retweeting” a tweet is seductive. But that may lead to a dangerously passive state of “slacktivism” and feel-good clicking, where we think we are doing something when we are not.

"The issue here is whether people actually bother to take action after tweeting about something," Anfernee notes.

Last February, assistant professor of sociology at University of California, San Diego pointed out in Sociological Science that social media campaigns like Save Darfur “conjured an illusion of activism rather than facilitating the real thing”. He raised concerns that while campaigns can have “an incredible impact, many of them don’t seem to have a long-term goal”.

Likewise, Shonda Rhimes, executive producer and creator of hit TV series *Scandal*, urged students at Dartmouth University last June to “pick a cause, go out in the world and devote real time to it”.

"A hashtag is not a movement, and doesn't change anything. It's a hashtag. It's you, sitting on your butt, typing into your computer and then going back to binge-watching your favourite show," she declared.

Hashtag activism does have its strong point: Awareness raising. Sharon points out that hashtag movements “often lead to dinner time conversations that might not have been brought up enough in the past, hopefully leading to new insights”.

But many get complacent after this point. People settle into becoming mere enthusiasts, instead of the keyboard warriors causes desperately need.

Most of the experts *The Weekly* spoke to agree that follow up is crucial for social media campaigns. "The perfect audience of hashtag campaigns have a real connection with the cause, and will carry its message forward to support it," Don says.

Acting on a cause can include volunteering, or donating, signing petitions or attending peaceful rallies and boycotts. All these can help make a hashtag campaign move from buzz to reality – giving you a real shot at actually making the world a better place. **W**



## DIGITAL BONUS

**DIGITAL BONUS**  
Check out MP Teo Ser Luck's  
strong hashtag game!

V E D U R E

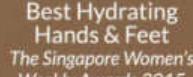
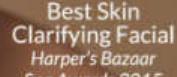
## Your beauty breakthroughs

30 mins to healthier nails

60 mins to a slimmer waistline

90 mins to a lifted appearance

Call 6732 6448 now to experience your change



For the past 10 years, Vedure has been at the forefront of the MediSpa industry since our inception. The only aesthetic centre in Singapore to offer face, body, spa and nail service, we have pioneered the use of many new technologies and winning strings of awards for all our services along the way. Vedure's highly regarded skin and beauty treatments have been on the lips of

beauty writers, editors and celebrities for our use of high quality ingredients, machines and skilled master therapists who ensure anyone who walks through our doors, know they will only experience the finest. To find out more about our 30, 60 and 90minutes program, call 6732 6448 now for a friendly chat with your skin, nails and body goals.



The nature of you



# WHITE & EVEN™

## The Tone Perfecting Experts

隋棠  
Sonia Sui

Taiwanese Celebrity  
Actress / Model



### TONE ENHANCING COMPLEX

Soy  
restores luminosity  
Licorice Extract  
improves tone and texture

Cocoa Butter  
smoothes marks and scars

Niacinamide  
targets unwanted discoloration

Synovea™  
lightens age spots  
Vitamin C  
natural skin brightener

Before                      Dramatization                      After

Visibly improve discoloration and pigmentation, the #1 Sign of Aging with Palmer's® Cocoa Butter Formula® WHITE & EVEN™ facial care. An advanced blend of **Tone Enhancing Complex** gradually evens skin tone and helps to reduce the appearance of unwanted discoloration and removes dark spots or age spots caused by sun damage, aging skin or scarring. Suitable for all skin types and tones. Dermatologist tested. Non comedogenic. No parabens, phthalates, synthetic fragrances or dyes.

PALMER'S® WHITE & EVEN™ facial care range. Retailing at \$17.90 - \$29.90. Available in Watsons, Guardian, Robinsons, John Little, BHG departmental stores, leading pharmacies and cosmetic stores. Marketed and exclusively distributed by PharMed. Tel : 6337 4855.



# Beauty

Clé de Peau  
Beauté Eye  
Color Quad  
in Blue  
Lagoon,  
\$110.



Benefit Air  
Patrol SPF20  
PA+++,  
\$51 (4 ml).

Prime your  
eyes to ensure  
vibrant colour  
and staying  
power.

stila  
Got Inked Eyeliner  
Cushion, \$40.



Urban Decay Wende's  
Contraband, \$52.

## ELECTRIC EYES

This season, eyes command centre-stage with electrifying hues of blues, greens and purples. Go for single washes of colour for daywear, or blend three colours to glam up your evening look. And keep the rest of your makeup clean – stick to nude lips sans blusher.

## Beauty With A Cause

October is Breast Cancer Awareness (BCA) Month.

Support the medical research and education that go behind fighting the illness by buying one of these limited-edition products. For each product sold, 20 per cent of the retail price goes to the BCA Campaign.



Clinique Pink with a Purpose Cheek Pop (with bag), \$39, looks and feels natural on your cheeks. Its texture is luxurious and super silky smooth.

Bobbi Brown Peony Set, \$81, keeps you looking fresh all day with a pop of long-lasting colour. Comes with a handy mini powder brush.

La Mer The Lip Balm, \$100, immediately relieves discomfort and helps to soften and rejuvenate seriously dry lips.

### The Weekly's Pick

Timetreasure Renovating Eye Cream EX, \$338 (25 ml), from Sulwhasoo's premium anti-ageing line is an all-round eye cream. It brightens your peepers, and reduces dark eye circles and the appearance of wrinkles. Red Pine Capsule Technology ensures that active ingredients are absorbed quickly into the skin. It forms a protective film on skin, leaving it instantly smoother and firmer.



Massage with a spatula where the nose line meets the parallel line from eye point to bring out features.

## This month's BEAUTY NEWS

### Flower Power

New rose-infused skincare and perfumes that are making the most of this pretty flower's rejuvenating properties.

Crabtree & Evelyn Damask Rose Daily SPF45 PA+++ Lotion, \$45 (30 ml), improves skin texture and offers long-lasting hydration with French Damask Rose and Rose of Jericho.



Sephora Rose Mask, \$3 (8 ml), moisturises and brightens with hydrating rose, rice and broccoli extracts. Leave on face for 15 minutes, then gently massage into skin and wipe off the excess.



Caudalie Rose de Vigne, \$58 (50 ml), promises to refresh your senses like a walk in a rose garden in spring with its blend of pink rose, rhubarb, grapefruit and white musk.



FlowerbyKenzo l'Elixir, \$100 (30 ml), is a sweet fruity-floral scent that unfolds into a floral heart with Bulgarian rose enhanced by orange blossom absolute.



Karl Lagerfeld Private Klub Eau De Parfum, \$110 (85 ml), blends rose with violet and magnolia in the heart note to bring out an ultra-feminine scent perfect for glamorous nights out.



Mont Blanc Lady Emblem, \$145 (75 ml), is an extraordinary feminine elixir oozing with fresh rose sake notes blended with spicy head notes like pink peppercorn.



# Bio-essence

# BIRD'S NEST + peptides

Skin Consumes Bird's Nest

**NEW** NUTRI-CAPSULATION  
FOR FAIR, NOURISHED SKIN



Instant Plumping for  
Moisturized Bouncy Skin

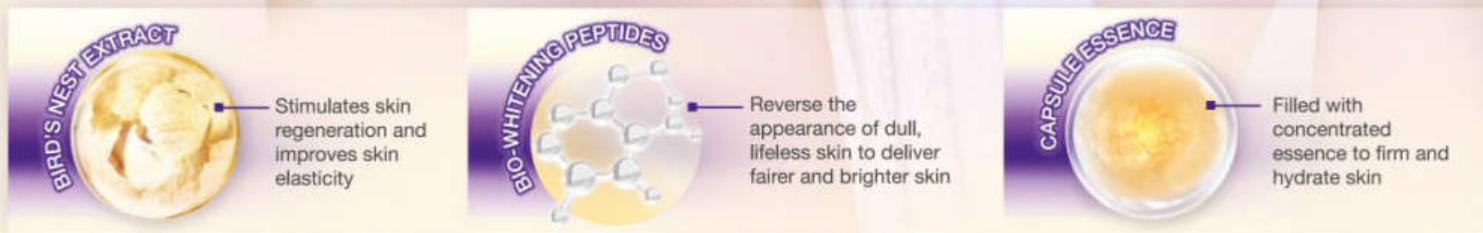


Richness of Cream + Treatment of Capsule Essence



The signature of Cyndi Wang, an Asian Superstar.

王心凌  
Cyndi Wang  
Asian Superstar





## Beauty Meets Fashion

We're loving the mash-up between these Korean beauty and fashion brands. These makeup collaborations are definite must-haves.

**LANEIGE** and **PLAYNOMORE**, known for its witty Eyeball bags, launch fun colours in the **LANEIGE X PLAYNOMORE**. Its Intense Lip Gel, \$36 (3.5 g), is the highlight offering moisturising, rich and long-lasting colours.



Bling Me Prism Liquid Lips, \$17.90 (3.5 g).

**ETUDE HOUSE** and Korean accessories brand **High Cheeks** come together for the new Bling Me Prism collection – it has the sweetest bright hues to bring out your features.

For best sparkly finish, use sparingly. A little goes a long way.

## Three of the Best New Day and Night Creams

Pamper your skin round the clock with appropriate skincare.



Clarins Super Restorative Day and Night, \$200 (50 ml) and \$210 (50 ml) respectively, reduce the appearance of age spots with extracts of Montpellier Rock-Rose and organic harungana.



**Philosophy Renewed Hope In A Jar Refreshing & Refining Oil-Free Gel Cream**, \$62 (60 ml), and **Philosophy Renewed Hope In A Jar Overnight Recharging & Refining Moisturiser**, \$65 (60 ml), refine skin, boost skin radiance and provide ample hydration.



Nivea Extra White Make Up Starter 3 in 1 Moisturising Day Serum SPF 33 PA+++, \$15.90 (30 ml), and Nivea Extra White Make Up Starter 3 in 1 Moisturising Night Serum, \$15.90 (30 ml), reduce dark spots, boost dewy and fairer complexion in just 14 days.

## Inside Out

Drink or eat your way to firmer skin with supplements that keep you youthful from head to toe.



**ASTALIFT Pure Collagen Drink 10000**, \$60 (10 bottles, 30 ml each), firms and leaves skin suppler with 10,000 mg of collagen with Ornithine sourced from clams, vitamin C and ceramide. Best taken before sleep to boost nocturnal skin renewal and wake up to suppler and more beautiful skin.



**Ceramiracle Ceramides Skin Supplements**, \$89 (30 capsules), is said to improve skin tone and hydration in 15 days, while reducing fine lines, thanks to patented Ceramides and patented Phytofloral.

## Slim & Trim

Dr Ivan Puah, medical director of **Amaris B. Clinic**, offers answers to common body concerns.

**"I carry more weight around my butt, stomach and thighs. What can help slim these areas?"**

VaserLipo permanently removes stubborn fat tissues from the body. It targets only the fat cells you want to remove, leaving important tissues largely undisturbed. See results within one session.

**"I am slim but have cellulite on my thighs. What can help?"**

**Cellulite Reduction**  
Acupuncture eliminates cellulite by nourishing the connective skin tissues from within. It also helps improve lymphatic drainage and firms up skin. It may take five to eight sessions to see results.

Visit [www.amaris-b.com](http://www.amaris-b.com) for more information.





ASIENCE  
髪からもっと、私を好きになる



BEAUTY SERUM LEAVE-ON TREATMENT

# PERFECTLY SMOOTH HAIR 24/7

TIMELESS SIGNS OF YOUTHFUL LOOKING HAIR

\$2 OFF



ENJOY \$2 OFF  
ASIENCE LEAVE-ON TREATMENT  
WHEN YOU PRESENT THIS COUPON.  
(USUAL \$16.90)

Terms & Conditions:

- Each coupon is valid for purchase of 1 ASIENCE leave-on treatment product.
- Limited to one coupon per product.
- Only original coupons will be accepted.
- Coupon is not exchangeable for cash.
- Valid from 1 to 31 October 2015 at Cold Storage, Giant, Guardian, John Little, Meidi-ya and Watsons.



8 888331 807015 >

*Beauty*

# NATURE'S GOODNESS

---

*Look and feel your very best with nourishing  
skincare and bodycare that's good enough to eat*

---





## TROPICAL SECRET

Coconut is an ingredient from the tropics that can cleanse and nourish skin. It is known to strengthen hair and skin. Reap its benefits with Timotei 2 in 1 Intense Shampoo, \$7.90 (400 ml), and The Body Shop Spa of the World Polynesian Monoi Radiance Oil, \$36.90 (170 ml).

**Beauty**



## CLEANSE AND HYDRATE

Thorough cleansing and adequate hydration is vital to maintain healthy skin. Soothing cucumber in Neutrogena Deep Clean Hydrating Cleansing Oil, \$29.90 (200 ml) calms skin while it cleanses.

# Feed Your Face



## CORDYCEPS

Known for its anti-ageing benefits when ingested, cordyceps is a miracle mushroom known to strengthen skin too. It toughens skin's protective barrier and enhances its natural ability to prevent collagen degradation. It plumps up and leaves skin refreshed as it boosts skin's natural repair process and improves moisture levels.



- Dr. Andrew Weil for Origins Mega Mushroom Skin Relief Advanced Face Serum, \$110 (30 ml), soothes and boosts skin resilience.
- The History of WHOO Gongjinhyang Pore Care Essence, \$182 (45 ml), revitalises skin while refining pores with cordyceps and ginseng.
- Bobbi Brown Intensive Skin Serum Concealer, \$65 (7 ml), lightens dark circles to refresh peepers.



## TEA TREE

Anti-inflammatory and anti-bacterial tea tree oil is commonly infused into skincare for oily skin and to address mild to moderate acne.

Experts say that using 5 per cent of tea tree oil gel on acne is as effective as applying 5 per cent of benzoyl peroxide, but less irritating than the latter.



- THEFACESHOP Clean Face Acne Solution Foam Cleansing, \$20.90 (150 ml), gently cleanses acne and acne prone skin.
- Bio-essence Deep Exfoliating Gel (Oil Control) with Tea Tree, \$32.90 (60 g), reduces breakouts and keeps skin matte and blemish-free without drying skin.
- CNP Laboratory Anti-Blemish Dual Spot, \$40.90 (3.5 ml + 3.5 ml), soothes and conceals spots with light coverage. See results in 12 hours.



## GREEN TEA

Rich in antioxidants, green tea is known to counteract the damages of free radicals by deactivating them before they can cause harm. This ingredient is commonly used to soothe irritated skin or included in eye care products for combating dark eye circles.



- Lancaster Skin Therapy Day Shield UV-Pollution SPF 30 PA+++, \$67 (30 ml), shields skin from both the sun and pollution like the haze.
- Dr+Nu:ell Multi Sun Block SPF 42 PA+++, \$62 (50 ml), is a UV protector, skin tone corrector, makeup base and skin mattifier rolled into one.
- June Jacobs Spa Collection Mandarin Moisture Masque, \$97 (111.4 ml), protects skin against pollution and strengthens it against signs of ageing.
- Lancôme L'Absolu Riche Cream (not shown in image).



## GOJI BERRIES

A superfood known for its longevity benefits, goji berries are commonly added into Chinese tonic soups.

Now it finds its way into skincare products.

18 amino acids, vitamins B, C and E, and minerals like zinc in the berries slow down skin ageing, and restore skin hydration.



- NaturVital Body Wash Goji, \$18 (500 ml), moisturises and restores natural balance of sensitive skin.
- Good Things Five Minute Facial Face Mask, \$17.90 (100 ml), moisturises, soothes and brightens with one use.
- Bottega Verde Goji Perfect SPF15 Face Treatment 35+, \$59.90 (50 ml), helps women above 35 years old stay youthful with a powerhouse of three anti-ageing ingredients.



## BODY SOOTHER

Applying lotions boosts circulation. Using one like Earths Botanics Hand+Body Lotion Cucumber and Mint, \$30 (425 ml), hydrates skin and refreshes the senses.

## Pamper Your Body



### ARGAN OIL

Dubbed "liquid gold", argan oil is a powerful anti-ager rich in antioxidant polyphenols, omega-3 fatty acids and linoleic acid. Extracted from argan tree kernels, it promotes healthy skin and hair, reduces excess sebum secretion and eases skin inflammation while moisturising.



- Shiseido Future Solution LX Replenishing Treatment Oil For Face/Body, \$232 (75 ml), improves skin quality.
- PHS Hairscience ADV Argan Oil Conditioner, \$39 (200 ml), repairs damaged tresses.
- Kiehl's Superbly Restorative Argan Dry Oil, \$50 (125 ml), tones skin and repairs dry hair ends.



### CITRUS FRUITS

Citrus fruits like oranges, mandarins and lemons are commonly used for their zesty and refreshing scent. In skincare, a high concentration of vitamin C from lemons are usually used in whitening formulations for their antibacterial and skin whitening properties.



- Fresh Brown Sugar Body Polish, \$63 (200 g), refines and moisturises skin. Citrus oils brighten and tone skin.
- L'Occitane Citrus Verbena Fresh Body Milk, \$48 (250 ml), moisturises and leaves a cooling sensation on skin.
- Matakana Valley Lime & Olive Bath & Shower Gel, \$28 (360 ml), cleanses, while preserving skin's natural moisture balance.



We asked women who preferred milk treatments to give Dove Beauty Nourishing Body Wash a try.  
**Here's what they have to say:**



"It's my secret to well-nourished, hydrated skin."

- Carol Chin

"Milk treatments are expensive. But with Dove, I can treat my skin like royalty at home."

- Angelina Seet

"Dove is the true royal treatment for my skin."

- Shanti Davamoni

"Dove makes my skin feel bouncier and more supple."

- Joanna Thian

Dove nourishes better than milk.

It is no small claim but Dove Beauty Nourishing Body Wash does not just nourish and rejuvenate your skin, it has been proven to be better than milk.

Thanks to the NutriumMoisture™ technology found within. But don't just take our word for it, try it for yourself with Dove – the real royal treatment for your skin.

Find out more about the royal treatment at [www.fb.com/dovesingapore](http://www.fb.com/dovesingapore)



# ORBIS

MELTS MAKEUP, MAINTAINS MOISTURE.

ALL NEW MAKEUP REMOVING EXPERIENCE

## THE CLEANSING ONE

A SMARTER WAY TO CLEANSE

### OIL CUT SKINCARE

100% Oil-Free makeup remover creates a moisture-rich environment that enhances your skin's metabolism and activates inner enzymes to support the formation of healthy skin cells for improved clarity, firmness, smoothness, texture, moisture and protection.

### SENSOR CATCH TECHNOLOGY

Advanced selective cleansing technology targets and removes waterproof makeup and impurities while protecting skin's moisture-retaining structure without eliminating its essential natural oils.

### MOISTURE BOOST PROPERTIES

Ultra hydrating combination of Soft Moisture Ingredient, amino acids and sodium hyaluronate replenishes moisture loss, creating plump and youthful skin with greater radiance and suppleness.

For more information, please visit us at  
[orbis.com.sg](http://orbis.com.sg)   [orbis.sg](#)



---

*The latest anti-ageing skincare range from Sulwhasoo is better than ever. We find out more about the key ingredient that makes it so special*

---

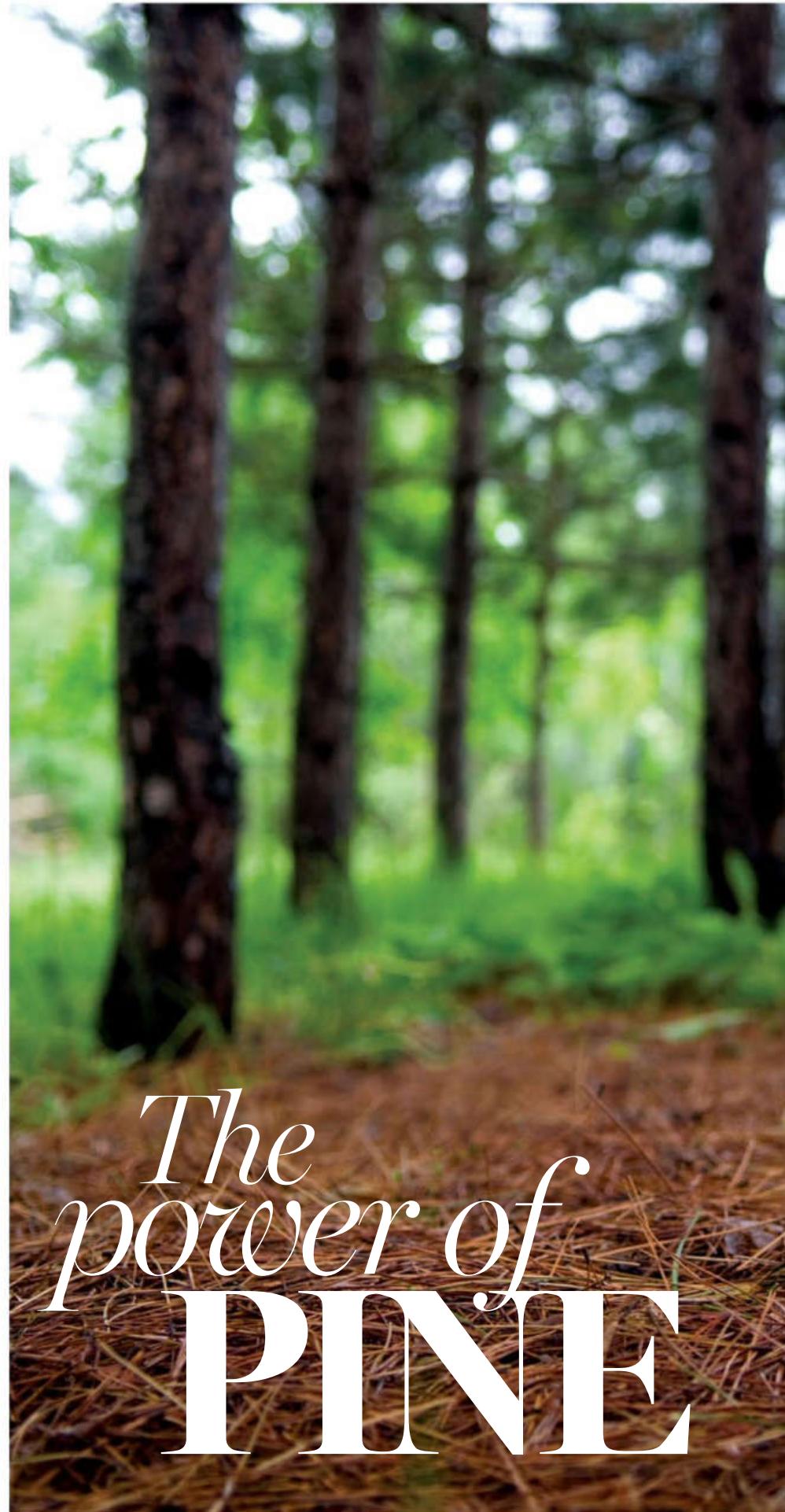
**M**other Nature has a cure for practically everything, so it's no surprise that more beauty brands are using ingredients that have been naturally sourced in their products. Korean skincare brand Sulwhasoo is a frontrunner in tapping on the goodness of nature. An advocate of holistic beauty, its skincare works to bring out the best of Asian skin through a blend of Asian beauty teachings and modern technology.

Its latest skincare range, TimeTreasure EX, is no different. The third generation of its comprehensive premium anti-ageing line consists of five products: TimeTreasure Renovation Water EX, TimeTreasure Renovating Emulsion EX, TimeTreasure Renovating Serum EX, TimeTreasure Renovating Cream EX and TimeTreasure Renovation Eye Cream EX. All products contain Korean red pine as the main ingredient, just as the first two generations did.

Red pine is an amazing species of tree as it can thrive and flourish under very harsh weather conditions – its needles remain green and its reddish barks remain strong. Based on the *Compendium of Materia Medica*, the red pine tree's bark and resin can be used as medicine. Here's a fun fact: In the past, palaces in Korea used only red pine as building material because it did not break apart easily, and pine resin was resistant to rain and moisture.

### **Elixir of Youth**

With all this in mind, Sulwhasoo's use of Korean red pine in its anti-ageing line was well-thought out, and rooted in the fact that this species of tree has long been established as a symbol of longevity and youth. But what differentiates the three generations of TimeTreasure? The first generation, launched in 2006, used red pine as an anti-ageing element. The second generation, launched in 2009, upgraded efficacy by adopting Sulwhasoo's unique Poje Optimizing Process – various methods of processing are used to formulate Korean medicinal herbs.



*The power of*  
**PINE**

Ingredients that are baked, steamed, fermented, or vinegared are detoxified, enriched, or preserved for a longer period of time.

Basically, the Poje Optimizing Process increases the efficacies of ingredients. While both generations of TimeTreasure were effective in reducing the signs of ageing, Sulwhasoo has further improved on how it utilises red pine in the third generation as it has discovered a new component in it.

Released in Singapore this September, the TimeTreasure EX range has better anti-ageing properties, thanks to the addition of ingredient De-Aging Active (DAA). The ingredient is a skin-vitality enhancer found in very small quantities in Korean red pine. With Sulwhasoo's patented capsule technology, DAA can be delivered to even the deepest layers of the skin.

What makes DAA unique is that it slows down the skin ageing process by stimulating the skin's longevity genes that help repair skin damage. For instance, we have a gene called Sirt-1, which plays an important role in repairing damaged cells caused by ageing by normalising them. With the help of DAA, Sirt-1 is activated to carry out the repair process.

That's not all. De-Aging Active also helps to erase signs of ageing such as the removal of lipofuscin, a waste product that accumulates within cells as a result of the skin's ageing process. In addition to removal, DAA also prevents the future formation of lipofuscin.

### Sensorial Experience

Aside from its supreme anti-ageing benefits, the fresh scent of red pine is both uplifting and

## ENJOY MORE RED PINE BENEFITS...

### IN A FACIAL

For best results with the TimeTreasure EX line, indulge in the TimeTreasure Perfecting Facial. Red pine is massaged into your skin using amber, an ancient piece of pine resin that's been naturally hardened over time, and by seawater. At \$280 for 75 minutes. Available at Sulwhasoo Boutique, #01-72-73 Capitol Building, 15 Stamford Road.

### IN TEA

Instead of popping a vitamin C supplement, drink pine needle tea. The tea helps boost immunity as it has about five times the amount of vitamin C found in a lemon. It is high in fat-soluble vitamin A, an antioxidant essential for healthy vision, skin and hair regeneration, and red blood cell production. The flavourful tea also has heart health benefits.

comforting, making the TimeTreasure EX line a joy to use. To fully enjoy this luxuriant herbal scent, we suggest gently inhaling the scent during your morning and nighttime skincare regime. Before applying the water, emulsion, serum or cream onto your face, dispense an appropriate amount of it into the palm of your hand, cup both palms and gently inhale. **W**



#### 1 TimeTreasure Renovating Water EX, \$142 (125 ml)

Delivers instant and long-lasting hydration to the inner layers of the skin.

#### 2 TimeTreasure Renovating Emulsion EX, \$162 (125 ml)

Softens, smoothens and nourishes skin with red pine ingredients. Leaves a protective layer on the skin sans a sticky after-feel.

#### 3 TimeTreasure Renovating Serum EX, \$408 (50 ml)

Rich in red pine and antioxidants, it enhances skin's defensive barrier while keeping skin firm, radiant and highly moisturised.

#### 4 TimeTreasure Renovating Cream EX, \$558 (60 ml)

Restores skin elasticity and firmness from within with red pine and wild mushroom. Skin feels smoother and more hydrated.

#### 5 TimeTreasure Eye Cream EX, \$338 (25 ml)

Brightens dark circles, improves elasticity and reduces the appearance of wrinkles and fine lines around the eye area.

*Sulwhasoo TimeTreasure EX skincare line is available island-wide.*



### BONUS VIDEO

Watch Sulwhasoo's video on red pine's anti-ageing properties.

**DR+NU:ELL**

Experience the power  
of **plant stem cell**  
**regeneration** for a more  
youthful complexion.

A double action whitening and firming  
essence with 6 plant stem cells.

- + No Paraben
- + No Alcohol
- + No Colorant



**f** drnuellsingapore **ig** drnuellsingapore **tg** drnuellsg



**Winner**

Treat me good. Best stay-young-look-young serum.  
Dr+Nu:ell Miracle Fitting Essence

[dermabiz.com.sg](http://dermabiz.com.sg)

# READY-TO-WEAR BEAUTY

*We rounded up the most wearable trends this season. Here's how to make them work for you*

BY ANNIE TAN

## ICONIC RED LIPS

Red lips never go out of style. And this season, they come in all shades and textures. Even if this has always been your beauty staple, subtle changes to your signature smackers can have a refreshing effect. Try a classic lustrous red for old Hollywood glamour or slick on a matte coral for an edgier finish.

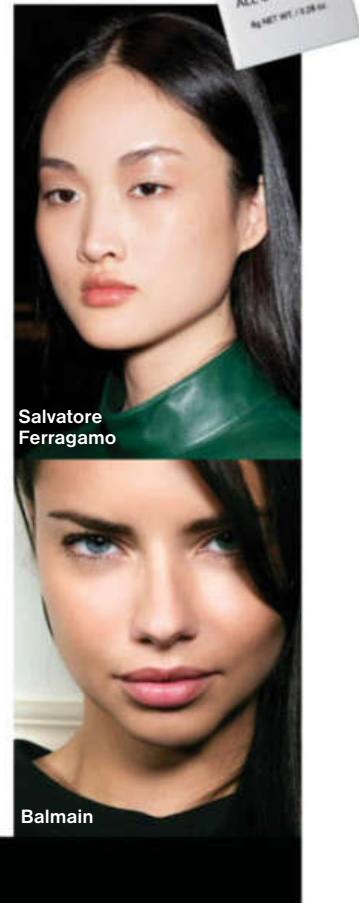


From left: Make Up Store Sheer Lipstick Icon, \$32; 3CE Lip Marker in Red, \$20; and YSL Rouge Pur Couture in #13 Le Orange, \$49.



## LUXE SKIN

Think of this as wearing the finest cashmere on your skin. The rich-girl glow is flawless, lustrous and elegantly pared down. Trade your contouring powder, blusher and bronzer for a highlighter or illuminator instead.



## PURE ALCHEMY

A splash of gold is not only universally flattering, but also perfect for the festive season. Use it to light up your eyes or illuminate your face. Just remember to keep shine in check with a sebum control primer or blotter. Gold accentuates a greasy face in the worst way possible.



Dior Addict Fluid Shadow 545 Phenix, \$53.



From left: RMK Gold Impression Illuminator, \$79; and NARS Velvet Shadow Stick in HollywoodLand, \$44.



Reem Acra

## TWIGGY TWIRL

Blinkers get bold and beautiful. However, instead of just focusing on your top lashes, take a leaf from 60s style icon Twiggy and add an extra flick of mascara to the lower lashes as well. This opens up eyes and creates a retro, quirky doll-like effect.



Blugirl

Giambattista Valli



Shiseido Full Lash Volume Mascara, \$46 (8 ml).

Etude House LashPerm CurlFix Mascara, \$24.90 (8 g).



EAU THERMALE  
Avène

# XeraCalm A.D

At last, no more  
itchy skin!

To care for very dry, atopy-prone skin subject to itching and irritation, the lipid-replenishing hygiene and skincare range XeraCalm A.D has been formulated based on Sterile Cosmetics technology. This means products are fragrance-free, paraben-free and developed with actives carefully selected for their exceptional safety and efficacy.

The **I-Modulia®** complex effectively reduces itching and redness while also soothing irritations caused by the skin's hyperactivity.

**Cer-Omega** helps nourish and strengthen the skin's protective hydrolipidic film, increasing resistance against exterior aggressions.

**Avène Thermal Spring Water**, with its soothing, anti-irritating properties, reduces sensations of discomfort and soothes the skin.



I-Modulia®  
INNOVATIVE ACTIVE  
12 years of research

Itching sensations:  
Skin nourishment:

-97%\*  
100%\*\*

\* Caused by skin dryness. Clinical scores evaluated on 32 subjects, 7 months to 9 years old with mild to moderate Atopic Dermatitis. Xeracalm A.D cream applied twice per day for one month.  
\*\*Percentage of satisfaction evaluated after one month of application.

# Beauty Trend Report

## GLAMOROUS GRUNGE

The smudged eyeliner look is less sooty than sophisticated this season. Trace your eyes with a pencil liner and smudge. Then, layer on your favourite charcoal eyeshadow. Finish off with mascara and a nude lip. Tip: Conceal dark eye circles when attempting this look – otherwise, you'll end up with "panda eyes".



Illamasqua Slick Stick in Iron, \$34.

Chanel Rouge Allure in Pensive, \$48.

Burberry Eye Colour Cream in Charcoal, \$50.



Ralph Lauren

## NATURAL ARCHES

Strong brows frame the face beautifully. But instead of unforgiving "Cara Delevingne arches", go for a soft groomed finish. This will perk up your face without overpowering your facial features.



Gucci



Moonshot Brow Shaper Mascara, \$29 (6 g).



Clio Tinted Tattoo Kill Brow in Earth Brown, \$23.90 (4.5 ml).

## VAMP GLAM

Try gothic wine or berry-stained lips, but take the look down a notch by dialling back on eye makeup. A clear layer of mascara and well-drawn brows help make this look wearable for the office.



Julien David



Luisa Beccaria

From left: MAC Pro Longwear Lip Pencil in Rebellious, \$36; and Lancôme L'Absolu Rouge Definition in 294 Le Pourpre, \$44.



# EAU THERMALE Avène

France's Best Kept  
Cleansing Secret

## Avène Micellar Lotion Cleanser & Makeup Remover

A gentle non-rinse formula which acts  
as a cleanser, toner and makeup remover.

The technology is simple. The formula is made up of tiny molecules called Micelles which are attracted by grime, dirt and oil. Upon contact with the skin, the Micelles release cleansing agents as well as softening actives - the solution to cleanse all traces of makeup from the face, eyes and lips. Skin is left clean, hydrated and glowy. Containing no harsh chemicals or detergents, it is perfect for all types of sensitive skin, including hypersensitive skin.

### Additional Active Ingredients Which Make This Product A Winner:

- Hyaluronic Acid: Hydrate and leave skin moisturised and soft
- Chamomile: Soothe and calm the skin
- Avène Thermal Spring Water (96% of the formula):  
Soothe and soften skin



Suitable  
For Face,  
Eyes &  
Lips

- Soap-Free
- Oil-Free
- Alcohol-Free
- Preservatives-Free
- Hypoallergenic
- Non-Comedogenic
- Non-Rinse

Sole Agent: Color Play Enterprise Pte Ltd Tel: 6453 4955

Available at Guardian, Watsons, Unity, hospital pharmacies & leading department stores.

Pierre Fabre

[www.eau-thermale-avene.sg](http://www.eau-thermale-avene.sg)

# Beauty Trend Report



## PREPPY SIDE-PART

Channel supermodel off-duty with this fuss-free and contemporary hairdo. Comb hair into a sharp side-part, straighten out any waves with a straightening iron, and apply a liberal layer of anti-frizz and high-shine serum or cream for a glossy finish.

Thakoon



From left: Matrix Oil Wonders Shaping Oil Cream, \$30 (100 ml); L'Oréal EverSleek Precious Oil Treatment, \$21.90 (115 ml), Redken FPF 10: Fly-away Fix Finishing Sheets, \$32 (50 sheets).



## NEUTRAL NAILS

Nude nails perfectly complement your fall wardrobe. Good to know: On long and rounded nails, they have an elongating effect on your fingers.

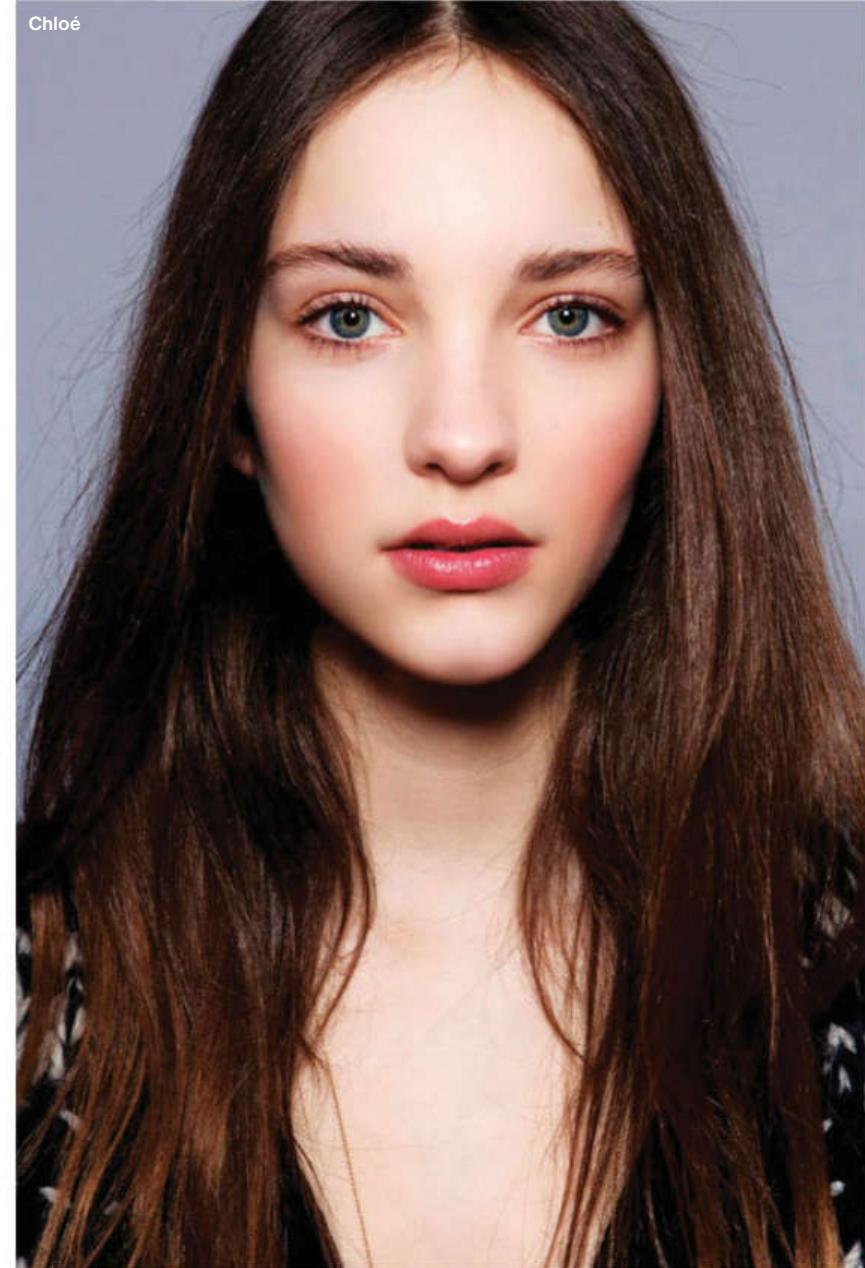


## WINTER GLOW

Trade sun-kissed lustre for frost-kissed skin instead this season. To make this look work, first perfect your skin with a radiant foundation, and dab a little on your lips as well. Condition your lips with a balm. Then, swap your powder blusher for a cream formula, and apply this blusher to your lip and below your cheekbones.



From left:  
Diorblush Cheek Stick in 765 Cosmopolite Rosewood, \$60; innisfree Long Wear Cushion SPF50+/PA+++, \$34 (15 g); and etusais Premium Amino Essence Foundation, \$40 (30 ml).



Sephora Color Hit Nail Polish in L1467 You + Me, \$7 (5 ml).  
Lunasol Nail Finish N in EX38 Grayish Beige, \$23.50 (10 ml).



RENE  
**FURTERER**  
PARIS

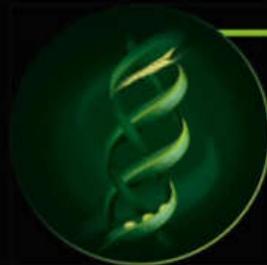


# ABSOLUE KÉRATINE

## Breathe Life To Damaged, Brittle Hair

To repair damaged hair types, the solution lies in replacing keratine lost from the hair fiber. To recreate keratine similar to that of natural hair, René Furterer spent years researching extensively natural ingredients, leading to the discovery of a plant-based keratine.

**ABSOLUE KÉRATINE**  
**Ultimate Repairing & Renewal Care**



### Soy Protein Extract & Wheat Microproteins:

Rich in amino acid, the combination simulates keratine similar to those found in the hair. Tests have proven that it is able to deeply penetrate into the core of the hair fiber to fill the damaged cracks and provide support to the hair structure. Hair health is restored and hair recover its natural strength and beauty.

**2** Other Winning Ingredients



#### Biocymentine

Imitates the hair's intercellular glue by acting as a "cement" to seal hair cuticles. Reinforces and restructures hair.



#### Cameline Oil

Rich in omega 3 fatty acids, it offers unrivalled nourishing properties to the hair fiber. Also restores natural protection by rebuilding hair's hydrolipidic film.



ACTIFS D'ORIGINE NATURELLE  
NATURAL ACTIVE INGREDIENTS

### ESSENTIAL HAIR CARE

Pierre Fabre

Sole Agent: Color Play Enterprise Pte Ltd Tel: 6453 4955  
Available at Guardian, Watsons, hospital pharmacies & leading department stores.

[www.renfurterer.com](http://www.renfurterer.com)

## Shower power

Shiny hair starts in the shower, so invest in a gentle purifying shampoo. Jolene Tjang, brand educator of KIN Cosmetics Singapore, recommends avoiding shampoos with sulphate if you have dry hair, as this ingredient parches it further.

If you tend to speed through your shower like a bullet train, she also recommends replacing regular hair conditioners with treatment masks. "Generally, masks contain molecules that are smaller than those of conditioners. They are faster absorbed and penetrate deeper into the hair fibre for longer lasting results," explains Jolene.

For even better results, try rinsing off your mask or conditioner with cold water. This closes hair cuticles for a silky finish.

**Timotei Strength & Shine Shampoo, \$7.90 (400 ml)**, has alpine herbs and Jericho rose extract to strengthen your tresses from root to tip.

**Phytojoba Intense Hydrating Shampoo, \$38 (200 ml)**, is an ultra-creamy formula enriched with jojoba oil, coconut oil, cornflower and mallow flowers for hydration, shine and suppleness.

**Fresh Seaberry Revitalizing Conditioner, \$43 (240 ml)**, is chockfull of omega 3, 6, 7 and 9 to protect hair from environmental stressors and smoothen out frizz.

## Must-have tools

Heat styling affects the health of your hair, but thanks to new technology that makes styling more efficient, the degree of damage is reduced.



**Macadamia Healing Oil Infused Comb, \$16**, is developed with an innovative technology that delivers revitalising macadamia oil on each hair strand to reduce breakage and enhance shine.

# SHINY HAIR HACKS

Glossy tresses are arguably your best accessories. These face-framers give you a healthy glow, and complement any outfit perfectly. Fortunately, you don't need to go for weekly salon appointments to achieve lustrous locks. A few simple tweaks to your haircare and styling regime can turn your tresses around. Here's your shine-boosting cheatsheet



**PHS ADV Detangling Spray, \$49 (250 ml)**, smoothens out knots and protects tresses from heat styling and sun damage with sunflower extract, wheat germ and rose essential oil.



**The Ultimate Hair Dryer, \$418**, is specially designed by celebrity hairstylist Kim Robinson to reduce hair drying time by more than 50 per cent, while hydrating tresses and closing hair cuticles with special high-density ions.

**Kinactif Liss Serum, \$68 (150 ml)**, contains macadamia oil, vitamin F and keratin protein to smoothen hair cuticles and tame frizz despite high humidity.

**Collistar Sublime Drops, \$35.90 (100 ml)**, boosts shine, while protecting tresses with a powerful cocktail of vegetable oils. It also leaves a lingering fragrance of amber, orange and vanilla.

**The Skin Pharmacy Silky 'N' Shine Hair Serum, \$59.90 (115 ml)**, repairs daily damage, reduces frizz and protects hair colour with jojoba oil, sesame oil and silicones.



**DIGITAL BONUS**  
Hair experts share tips on how to get the perfect blowout at home!

LABORATOIRES

**KLORANE**

PURE BOTANICAL CARE

Only some beauty secrets are timeless.

**1 DRY SHAMPOO  
SOLD EVERY  
10 SECONDS AROUND THE WORLD\***



A 40-year bestseller, Klorane's iconic **Dry Shampoo** instantly refreshes hair without water. This cult favorite product has changed **today's beauty routine** making it an essential step for adding **texture and volume** to hair.

The secret? An unrivaled groundbreaking formula that combines the soothing properties of oat milk and the absorbing benefits of micronized powders.

New: formula for **brown to dark hair**.

\*Klorane World 2013 Billings

Sole Agent: Color Play Enterprise Pte Ltd Tel: **6453 4955**

Available at Guardian, Watsons, hospital pharmacies & leading department stores.

 **Pierre Fabre**  
Dermo-Cosmétique



# THE EYE SAVIOURS

There can be many reasons why your eyes are always looking listless. Perhaps it's hereditary. Maybe you have been trading your beauty sleep for your hectic lifestyle or age has finally caught up with you. Whatever the reason, beware - do not wait till the dark circles, puffiness and fine lines start to tiptoe into your life before calling out for help. With DRx's extensive eye procedures and treatments, paired together with the new Eye Serum, DRx brings you the best results for a pair of sparkling and youthful looking eyes.

BROUGHT TO YOU BY



## DOCTOR'S ADVICE



Dr Tan Hui Yun, DRx Clinic  
MBBS | MMed (FM)  
Dip. Pract. Derm. (Cardiff)

Ultherapy employs the use of focused Ultrasound energy to deliver heat deep into the skin, thereby stimulating collagen production. This treatment is recommended for patients seeking a non-surgical brow lift, as well as to firm saggy and/or puffy skin of the undereye.

For tightening and smoothing of fine lines on the upper eyelid, Thermage would be more suitable. Using Radiofrequency energy, heat is delivered into the deep layers of the skin to boost collagen. Ultherapy and Thermage can also be combined to synergistically produce firmer and more youthful looking eyes.

Doctor's Tip: Don't forget to apply sunblock around the eyes as well to stave off signs of sun damage such as wrinkles, skin laxity and pigmentation. For an added layer of protection, try wearing your sunglasses whenever you are outdoors.

## TREAT

### TIGHTEN & LIFT YOUR EYES WITH THESE NON-INVASIVE PROCEDURES

#### Thermage

Thermage remains one of the most premium solution one ever needs for tightening and skin contouring. Using a unique heating radiofrequency (RF) technology to provide deep heating to the underlying skin, stimulating collagen production for a tighter eye contour. Thermage works in just one treatment with minimal down time and delivers a natural looking result.

#### Ultherapy

Ultherapy is the only non-invasive FDA approved procedure for facial lifting, including the eye contour. The technology uses focused 'ultrasound' heating at a precise depth of skin to trigger lifting without surgery. Results are visible and can typically sustain for up to 6 - 12 months after one treatment. Suitable for all skin types.



## FOR MORE LIFTED & DEFINED EYES

### RF Eye Rejuvenation Treatment

The eyes are the windows to your soul so give them the tender loving care they deserve with the all new Radio-Frequency (RF) Eye Rejuvenation Treatment, specially calibrated by DRx Medispa to target the sensitive skin around your peepers. With this revolutionary eye treatment, it is now possible to reverse the effects of time and gravity on your eyes. Expect brighter and more lifted eyes with repeated treatments, lines will be diminished and eye contours will be more defined and sculpted.

## MAINTAIN



### MULTI-BENEFIT EYE SERUM FOR BOTOX-LIKE EFFECT

#### NEW | Derma-Rx Eye Serum

Formulated with the latest groundbreaking ingredients and a targeted release technology, Derma-Rx Eye Serum is your one-stop solution for all major eye concerns, including eye bags, puffiness, dark circles, loss of firmness, lines and wrinkles and dehydration. Conveniently stored in a pump bottle for ease of dispensation and maximum hygiene, this translucent and lightweight eye serum has a cool-to-touch non-greasy texture that can be instantly absorbed. Expect refreshed and younger looking eye area that is visibly brightened.

## DAILY



## HAIR REGENERATION FOR YOUR CROWNING GLORY

### Intensive Hair Regeneration Therapy (IHR)

DRx IHR - Intensive Hair Regeneration Therapy by DRx Trichology Centre is the perfect solution to slow down degenerative hair cycles and stimulate, restore and maintain hair growth in a safe and effective manner. The treatment features the use of cutting-edge Cell Revitalizing Therapy together with proprietary techniques that reach deep into the cellular layer of the scalp where natural stem cells are located to stimulate hair growth as well as control excessive hair loss.

Selected Derma-Rx products are now onboard Singapore Airlines' KrisShop!

SINGAPORE AIRLINES KRISSHOP

## REGAIN YOUR SPARKLING EYES NOW

### • ESSENTIAL FACIAL

(Worth \$130)

&

### • RF EYE REJUVENATION TREATMENT

(Worth \$150)

for \$165  
(Total worth: \$280)

Limited to first 50 customers only!

Call 6223 1555 for an appointment.

Terms & conditions:  
• Promotion is valid from now till 31st October 2015 • Promotion is not valid with other privileges and promotions • Promotion is valid for new DRx customers only • The DRx Group reserves the rights for final decision in case of any dispute • Subject to GST

# Hollywood's Weight Loss Secret

## 1. Watch What You Eat!

### Eat Breakfast

A nutritious breakfast gives you energy and revs up your metabolism.

### Keep Track of Your Calories

Women are recommended to consume around 1,200 - 1,400 calories each day. If your lifestyle is rather sedentary, try cutting back the eating.

### Cut Down on Processed Food

which contains too much sugar and salt, which may hinder your weight loss! It can be difficult to plan a healthy meal by yourself and stick to it. Try seeking help from qualified nutritionists to ensure you are eating right.

## 2. Get Off Your Couch!

The fastest way to burn calories, exercise, is not limited to running. If you hate feeling sweaty, a few laps in the pool burns around 720 calories per hour! If you are simply too busy, there are various technologies that can simulate similar calorie burning effects of exercise.

## 3. Detox isn't Just a Fad!

We take in toxins every day from processed foods and the environment and our body automatically stores fats to protect the body from toxins. Complementing weight loss with detox will avoid rebound effect caused by redistribution of toxins around the body that occurs during weight loss.

Suddenly Slender's weight loss treatments originate from USA, with famous clientele such as Tyra Banks and Ellen DeGeneres. With 46 years of experience, Suddenly Slender is confident of their results, without pills, injections or surgeries, and even offer money-back guarantee. Fully customised treatments will cater to each individual.



'I lost 8kg and 2 inches around my waist within 4 weeks of the slimming programme. I now have the confidence to wear clothes that show off my figure!'

**Kelly Lai**  
Age 37

**\$18 for  
1 Signature Treatment**  
Call or SMS <WW10> <name>  
to **8175 5533**

www.suddenlyslender.com.sg

SuddenlySlenderSingapore

enquiries@suddenlyslender.com.sg

Orchard • Raffles Place • Yishun



# THE SINGAPORE Women's Weekly Beauty by the Stars

*The Singapore Women's Weekly, together with a panel of 11 celebrities, which include Michelle Chia, Desiree Lai, Maddy Barber, Denise Keller, Liv Lo, Sandra Riley Tang, Andrea Fonseka and Munah Bagharib have come up with a definitive list of beauty essentials we absolutely love. Here, we present to you...*

## *The Weekly's Beauty by the Stars 2015*





## Sandra Riley Tang

Musician of Singaporean band  
The Sam Willows, host and  
co-founder of The Yoga Co.



### 1. Vaseline Lip Therapy Advanced Formula, \$3.85 (10 ml)

"I usually just dab a little concealer on my lips and then layer on this lip balm for the perfect 'nude' lip colour."

### 2. Nina Ricci Nina EDT, \$145 (80 ml)

"I love sweet fragrances so this is my favourite night perfume. It is not too sweet and has a hint of musk, so that people will take me seriously."

### 3. Shiseido White Lucent All Day Brightener, \$85 (50 ml)

"Applied on its own, it leaves my skin looking dewy, not oily. I have sensitive skin, so it's also the perfect base to moisturise my skin and prep it for makeup."

### 4. Benefit They're Real! Push-Up Liner, \$40 (1.4 g)

"The slanted tip makes it easier to draw my usual wing tip. Sweat-proof,

yoga-proof and beach-proof, this is the only liner that always stays in place for me. It remains perfect after a crazy gig or a ridiculous workout!"

### 5. Urban Decay Naked Skin Beauty Balm, \$48 (30 ml)

"It comes in a shade that is perfect for my tan skin, and has a cooling effect upon application. It smoothens out my skin and provides the necessary UV protection. What's not to love?"

### 6. Nivea In-Shower Body Lotion Intensive, \$10.90 (400 ml)

"I always forget to moisturise after shower so my skin sometimes becomes dry, or even itchy and flaky. This in-shower skin conditioner is wonderful after exercise, and leaves my skin super soft and rehydrated even if I don't remember to moisturise afterwards."



## Michelle Chia

Actress and television host



**Hada Labo Air Aqua UV (Moist) Emulsion SPF 50/PA+++, \$19.90 (30 g)**

"I love how lightweight this sunscreen is despite its high sun protection factor. Plus, it doubles up as an excellent base, and gives my makeup a dewy finish."



**Hermès Caleche Soie de Parfum, \$245 (100 ml)**

"This is the perfect perfume for nightwear, especially on evenings when I'm dressing up. It adds a touch of sophistication and glamour to my look."



**Cetaphil Gentle Skin Cleanser, \$39.50 (1 litre)**

"I like how moisturising and gentle this cleanser is – it purifies my skin without drying it out. I even use it as a makeup remover for light makeup."



**Maybelline The Magnum Volum Express Waterproof Mascara, \$19.90 (9.2 ml)**

"One coat of this mascara gives me gorgeous lashes. It really has staying power, and has even lasted through some of my crying scenes."



**addyli Chemical Treated - Cooling Conditioner, \$38 (250 ml)**

"This cooling minty conditioner nourishes my tresses, especially after a swim. It is refreshing and invigorating on a warm day as well. It perks me up at the start of the day, and also helps me unwind after a long day. It's my DIY hair spa ritual."



## Desiree Lai

Senior music director of Kiss 92FM and radio personality of ONE FM 91.3



**Kao MegRhythm Steam Eye Mask, \$6.50 (5 masks per box)**

"After a long day of staring at the computer, this mask gives off heat, which soothes tired eyes and helps me fall asleep."



**La Roche-Posay Toleriane Ultra, \$39.90 (40 ml)**

"Most night moisturisers are too rich for me and will leave me with breakouts, so this is now my go-to moisturiser. It is great for sensitive skin and light enough to be applied even around the eye area."



**Etude House Surprise Essence Concealer, \$10.90 (6 g)**

"I practically get eye bags all the time. This concealer helps to reduce the shadows caused by eye bags. I choose a shade lighter than my skin and apply it below my eye bags (not directly on them) for the best quick-fix."



**Nars Velvet Matte Lip Pencil in Dragon Girl, \$37**

"This beautiful matte shade of red is my current favourite. After application, I'd blot away excess lip colour with a tissue for the perfect finish."



**Himalaya Herbals Intensive Moisturizing Cocoa Butter Lip Balm, \$3.95 (4.5 g)**

"I get dry, chapped lips all the time. This lip balm is my No.1 pick for daily use, as well as winter travel when I need something rich and moisturising."



## Jaymee Ong

Model and actress



**Dior Instant Gentle Cleansing Oil, \$60 (200 ml)**

"I use this before regular cleansing to remove sunscreen and makeup. It is really effective and even removes heavy eye makeup without irritating my eyes."



**Lancôme Advanced Genifique Yeux, \$98 (15 ml)**

"I have been using this for a couple of years now, and it's great for smoothening out fine lines."



**Urban Decay Naked Palette 1, \$83 (12 colours)**

"I have gone through more eye shadows than underwear, and I've finally found the perfect one. This versatile palette works for any occasion!"



**La Mer - Crème De La Mer, \$480 (60 ml)**

"I use this morning and night on my face, neck and décolletage. It hydrates really well without being greasy, and has really improved my skin texture. I also love its scent!"



**MoroccanOil Treatment, \$73 (100 ml)**

"I'm prone to flyaways, so I love applying a bit of this to my hair while it's still damp to keep the strays under control."



## Andrea Savage

Model, host, and partner and project director at Design Intervention



**Fresh Black Tea Age-Defying Eye Concentrate, \$139 (15 ml)**

"Given the sleepless nights I am currently experiencing with a newborn baby, this eye cream is not bad at all!"



**Tammy Fender Epi Peel, \$112.70 (56 ml)**

"This advanced micro-exfoliating mask and peel cleans out my pores and gives my skin a magical glow without any stinging sensation or redness. It is one of the best products I have ever used."



**Frank Skincare Radiant Preg, \$48 (30 ml)**

"This amazing Singapore-made product is 98 per cent organic, and has done wonders for my skin throughout the last trimester of my pregnancy!"



**Oscar Blandi Pronto Invisible Volumizing Dry Shampoo Spray, \$39 (142 g)**

"A little of this product mattifies oily hair without drying your scalp or making it itch. I've been using this for six years now, and it's an essential for holidays, and busy weeks when I have no time to wash and blow."



**Denise Keller**  
Television host of Discovery Channel and TLC



**Guerlain Lingerie de Peau BB, \$74 (40 ml)**

"This BB cream gives me Instagram-ready skin. It offers wonderful coverage without that sticky feeling, and feels like second skin."



**Browhaus HD Mascara, \$17.90 (8 ml)**

"I teach and practise yoga, and this clump-free, curl-full and waterproof mascara has outlasted my hot yoga class. Any mascara that survives hot yoga will survive the red carpet as well."



**Sloane Inc Vanilla Silk Cleanser, \$64.20 (120 ml)**

"I never forget to pack this gentle cleanser when I am on the road. It gets my makeup off without drying my skin out."



**SP Luxe Oil, \$68.50 (100 ml)**

"I'm an adventurous spirit and love travelling – I never leave home without this."



**Maddy Barber**  
Radio personality of Kiss 92FM



**Shiseido Ultimune Power Infusing Eye Concentrate, \$98 (15 ml)**

"This is my favourite daily eyecare product. I love its light, silky consistency – it coats the thin skin around the eyes gently."



**Heliocare Gel Ultra SPF 90, \$54.57 (50 ml)**

"This sunscreen is best for outdoor shoots or events. Apart from the high sun protection, its gel texture is lightweight and won't cause makeup to cake or crease."



**Hand Chemistry's Hyaluronic Acid Concentrate for Hands & Body, \$48.90 (240 ml)**

"This clear, fragrance-free gel glides beautifully on the skin without any sticky or oily feeling. It is superb for sensitive skin like mine."



**Laneige Watery Cushion Concealer, \$35 (25 ml)**

"To cover up fatigue when I've had many late nights, I'd smear on a thin trace of this concealer under the eyes, and use my fourth finger to gently dab and blend it in."



**Annick Goutal Petite Cherie EDP, \$290 (100 ml)**

"A perfect balance of sweetness, it's fun, feminine, girly and womanly at the same time. If 'love' had a scent, it would smell like this!"



**Rathi Menon**  
Miss Singapore Universe 2014 and model



**DKNY Be Delicious, \$133 (100 ml)**

"This is my perfect Friday night-out fragrance – it is very refreshing and sweet, and makes me feel young and daring."



**Sephora Rouge Lipstick, \$20 (4 g)**

"I can't do without matte lipsticks, and I usually stick to nude or pink colours."



**Laura Mercier High Coverage Concealer for Under Eye, \$49 (8 ml)**

"If an unexpected zit pops up before a big event, I'd gently dab this onto the skin to cover it up."



**Soap & Glory Flake Away Body Scrub, \$22 (300 ml)**

"This skin moisturising scrub is my skin's superhero. I use it once or twice a week for beautiful skin!"



**L'Oréal Paris EverStyle Volume Boosting Mousse, \$17.90 (227 g)**

"I spend most of my time working out, riding my motorcycle and travelling to beaches, and love modern and chic styles. This helps me achieve neat and sleek hairdos effortlessly."



**Liv Lo**  
Actress, model and television presenter



**RMK Liquid Foundation SPF14+++, \$70 (30 ml)**

"This is my favourite foundation for photoshoots, because it's sheer, watery and non-sticky."



**Benefit Hoola Bronzer, \$48 (8 g)**

"I love this because it is super portable and accompanied

by the best application brush. Quick tip: Make sure you apply this bronzer to the hairline and down the cheekbones and jaw-line for a seamless finish."



**Derma-Rx Max-C, \$169.06 (30 ml)**

"This potent antioxidant formula contains the highest possible stable concentration of vitamin C. It counteracts free radicals, encourages collagen and elastin production and controls the adverse effects of premature ageing."



**Kiehl's Ultra Facial Cream, \$48 (50 ml)**

"This daily lightweight facial moisturiser is perfect for humid weather, and can be applied on top of any serum without feeling too heavy."



**1. Eyeko Eye Do Mascara, \$35 (8 ml)**

"This mascara contains botanicals that treat my lashes, and achieves a fantastic carbon black colour, as well as amazing length."

**2. For Beloved One MelaSleep Whitening Bio-Cellulose Mask, \$63 (3 pieces)**

"I believe in the importance of a

good face mask, and use these regularly in my regime for whitening and brightening benefits."

**3. Clarisonic Aria, \$270**

"It removes makeup more effectively than double (or triple) cleansing. Celebrity makeup artist Larry Yeo introduced me to it and now I'm hooked – my skin has never felt so smooth!"

**4. Bioré Cleansing Oil Cotton Facial Sheets, \$17.90 (tub of 44 sheets)**

"These wipes are superb for removing waterproof eye makeup, and come in convenient travel-sized packs as well."

**5. YSL Touche Eclat, \$58 (2.5 ml)**

"I use this highlighter under my eyes,

on my cheeks and nose bridge. It's natural enough for daily wear, and gives me a lovely glow."

**6. The Body Shop Bath Glove, \$9.90**

"From neck down, I use these gloves every day to exfoliate my skin and scrub off dead skin cells."

**Andrea Fonseka**

Miss Malaysia 2004, model and television presenter



## Munah Bagharib

Theatre and television actress, and one-half of musical duo Munah & Hirzi



### 1. belif The true cream – aqua bomb, \$54 (50 ml)

"I recently started moisturising my skin with this, and feel like my skin's thirst is finally quenched. It is lightweight and provides long-lasting moisture without a sticky after-feel. I carry this with me all the time now."

### 2. SK-II Facial Treatment Essence, \$99 (75 ml)

"This is my favourite skin-fix – I put this essence on before bed, and wake up looking fresh the next morning. It helps a lot with tired skin, and leaves it looking really smooth and clean as well."

### 3. Lush Ocean Salt Facial Scrub, \$48 (250 g)

"This organic and natural scrub contains fresh avocado and coconut, and gets rid of dirt instantly. I use it once or twice a week to get all the grime off, especially after a long day of photo shoots."

### 4. Victoria's Secret Bombshell EDP, \$123 (100 ml)

"It smells very sweet with a hint of playful sexiness – it's my all-time favourite fragrance."

### 5. The Body Shop Tea Tree Oil, \$19.90 (10 ml)

"This SOS skincare product brings down pimples, and has saved my skin from potential bumps as well."

## The Weekly's Star Picks

**Sloane Inc \$8.9  
Skin Drink,  
\$128.40 (30 ml)**

"This is the ultimate skin-saver for dehydrated and stressed skin, or cold weather. Since its main ingredient Plantasens olive squalane is similar in structure to natural skin lipids, thirsty skin literally laps it up!"

**Dr. Wu Extra Hydrating Lotion with Hyaluronic Acid, \$59.90 (50 ml)**

"The perfect skin-quencher for sweltering weather, this moisturiser is surprisingly lightweight and hydrating. Its key ingredient HyaluComplex replenishes and plumps skin, and doesn't feel sticky even under the scorching sun."

**Sulwhasoo TimeTreasure Renovating Emulsion EX, \$162 (125 ml)**

"This luxurious anti-ageing Korean herbal concoction contains red pine to enhance skin vitality. Lightweight and silky, it envelops skin in a lustrous veil and doubles up as the perfect base for makeup."

**Shiseido Future Solution LX Universal Defense SPF50+ PA++++, \$112 (50 ml)**

"In addition to fending off UVA and UVB rays, this cream also defends skin against free radicals from air pollution and ultraviolet rays with Urnula Flower Extract and Skingenecell 1P. It takes sun protection up a notch to forestall premature ageing."

**The History of WHOO Bichup Ja Saeng Essence, \$205 (45 ml)**

"This pre-lotion essence contains premium Korean herbs, as well as ancient secret court formulas to flush out toxins, reduce the appearance of fine lines and pores, and boost skin's self-defence. It preps skin to better absorb other skincare products as well."

**Kiehl's Daily Reviving Concentrate, \$80 (30 ml)**

"One of the few facial oils designed specifically for daytime use, this fatigue-defying concentrate is unbelievably lightweight. Enriched with ginger root essential oils, tamanu and sunflower seed botanic oils, it strengthens skin's moisture barrier."



**Chanel Le Lift Eye Concentrate Instant Smoothing, \$148 (15 ml)**



"This refreshing emulsified eye gel wakes us up better than coffee – it works on a DNA level to reduce dark circles, eye bags and fine lines."



**Ziaja Lifting Solution Serum For Eye and Lips Area 40+, \$15.90 (30 ml)**

"Formulated for women in their 40s, and made in Poland, where winters tend to be harsh, this anti-ageing essential is intensely enriching. Doubling up as an eye- and lip-saver, it contains biopolymers from sweet almond protein for enhanced elasticity."



**Dr+Nu:ell Multi Sun Block SPF42 PA+++, \$62 (50 ml)**

"This multi-tasking sunscreen is a hot weather essential, especially under direct sunlight. It blocks off UVA and UVB rays effectively, and has excellent staying power despite perspiration. Its sebum absorption powder also tames mid-day shine for a soft matte finish."



**Heliocare Purewhite Radiance Max240, \$147. 65 (60 capsules)**

"If you're religious about sun defence, this oral sunscreen will enhance the efficacy of your topical SPF to boost sun protection. It contains Fernblock and White Tech Complex to reduce collagen degradation and skin darkening."



**innisfree Jeju Sparkling Mineral Essence, \$43 (70 ml)**

"Saturating skin in 73.6 per cent sparkling mineral water, this hydra-spa essence is an all-purpose skin-saver. Keep it handy for hectic weeks to reboot your skin in the morning, evening or anytime you need a pick-me-up. It's the next best thing to a spa day."



**Dr.Belter Cosmetic Derm-A-ReNew Skin Renewal Oleo Serum 10%, \$108 (30 ml)**

"Accelerate overnight skin repair with this intensive skin rejuvenator. With 10 per cent fruit

acids from sugar cane, blueberry, orange, lemon and maple, it sloughs off dead skin cells and boosts cellular renewal so that you'll wake up to radiant and translucent skin."



**GlamGlow Flashmud Brightening Treatment, \$92 (50 g)**

"The perfect pre-festive fix, this intensive treatment mask rejuvenates skin after three days of consecutive use. Its cocktail of white wild rose flower, white lily bulb, white birch bark, white jasmine flower, white peony root and white tea leaf is an amazing skin illuminator."



**Mandy T Goddess Collection Jasmine+ Mint+Orange Body Cream, \$59 (240 ml)**

"Cooked up in small batches with great passion, this artisanal product is a treat for the skin and senses. Dry, flaky skin soaks up the organic jasmine, fresh mint and orange blossom essential oil without any sticky after-feel. We love its exquisite and balanced bouquet as well."



**DrGL Solution Hair Anti-aging, \$288 (100 ml)**

"This lightweight nightly leave-on tonic contains advanced peptides and the oriental herb Polygonum Multiflorum Root Extract to rejuvenate the scalp and hair follicles. It prevents hair fall and greying tresses for youthful and voluminous tresses."



**Maison Francis Kurkdjian Aqua Vitae Forte, \$325 (71 ml)**

"Dreamt up by award-winning French perfumer who became famous at the age of 26, this woody floral bouquet is reminiscent of warm summers and unbridled spontaneity. You'll catch luminous hints of bergamot, cinnamon, pink pepper, sandalwood and vetiver."



**THEFACESHOP Oil Control Water Cushion SPF 50+/PA+++ , \$29.90**

"This is our go-to base for a lit-from-within glow sans shine. It achieves the perfect balance between sebum and moisture with its Sebum Cut Powder, Dolomiti Italain Pure Mineral Water and Clear Tasmanian Water. Even in warm weather, it maintains round-the-clock translucent coverage."

**Kosé Infinity Moisture Concentrate Foundation SPF 15/PA++, \$72 (30 ml)**

"On particularly tired mornings, this foundation is a lifesaver. Its Rice Power Extract No. 11 veils skin in moisture to blur our fine lines, dullness and blemishes. It offers excellent medium coverage, and won't appear thick or mask-like even if you apply two or three layers for full coverage."

**Sally Hansen Xtreme Wear Western FolkTale in 450 Strike Gold, \$7.90 (11.8 ml)**

"With lovely flakes of gold, this limited edition long-wearing polish is blotch-proof. When applied over bare nails, it adds a touch of instant glamour. And when applied over nail colour, it cleverly extends your nail wardrobe. It enhances nail strength and shine as well."

**SK-II Enamel Artisan Perfecting Brush, \$119**

"The secret to achieving an airbrushed finish, this brush features an innovative micro-coverage technology, as well as 70,000 bristles to deposit a light and seamless layer of foundation effortlessly."

**Laneige PlayNoMore Intense Lip Gel, \$36 (4.5 g)**

"K-beauty meets K-fashion in this collectible lippie. Cuteness aside, this lip essential combines the intense colour and staying power of a lipstick, the high shine of a gloss, and the conditioning benefits of a balm. We love its melt-on-your-lip texture and vibrant hues."

**Dermalogica Dynamic Skin Recovery SPF50, \$159 (50 ml)**

"This sunscreen doesn't feel greasy or look chalky. Sun-stressed skin is soothed with licorice root extract and white tea polyphenols. We love the fresh surge of moisture from hyaluronic acid and algae extracts."

**Estée Lauder Magic Smoky Powder Shadow Stick, \$30**

"Two minutes is all you'll need to glam up peepers with this shadow stick. We love that it's fuss-free and long-wearing. There's no need for complicated palettes and brushes." **W**



## belif The true cream – aqua bomb

If you're after hydration without any sticky residue, look no further. Belif's aqua bomb is ideal for humid climates as it absorbs quickly and instantly invigorates your complexion upon application.

This lightweight, mineral oil-free gel-cream is packed with a brilliant blend of apothecary herbs, including the antioxidant-rich lady's mantle, which softens dry skin, controls excess sebum and minimises the appearance of pores. True to its philosophy of using herbal extraction in its cosmetic products, it contains oat seed to soothe and moisturise, wild indigo to calm the skin, and calendula for its anti-bacterial properties. Expect a supple and radiant complexion that lasts all day.

At \$54 (50 ml). Visit [www.facebook.com/belifsingapore](http://www.facebook.com/belifsingapore) for more information.

## COMPLEMENTARY PRODUCTS



### belif Hungarian water essence

Dispense two or three pumps of this hydrating essence after toning. Pat lightly onto your face to boost moisture levels by 20 per cent. At \$57 (75 ml).



### belif The true tincture of chamomile

This chamomile skin supplement brightens and soothes skin by promoting optimum blood circulation on your face. At \$65 (75 ml).

# THE HERBAL REMEDY

THIS COOLING GEL-CREAM IS THE ANSWER  
TO RECHARGE SKIN'S MOISTURE



#### JUST FOR YOU

Show this page to get a free makeup starter kit with minimum spend of \$80 at Benefit Westgate Boutique, Sephora Ion, and Sephora Ngee Ann City. Valid from October 1 to 31, 2015, while stocks last.

#### COMPLEMENTARY PRODUCTS



##### Benefit Hoola Bronzer

Dust this matte bronzing powder over your chin, cheeks and forehead for a gorgeous glow. Perfect for any beach or picnic day out. At \$48 (8 g).



##### Benefit The POREfessional

This magical primer minimises the appearance of pores and fine lines for luxuriously smooth skin. Its silky, lightweight formula sits well alone, over or under makeup. At \$51 (22 ml).

### Benefit They're Real! Push-Up Liner

We all know the love-hate relationship we have with our eyeliner. We love how it opens up our eyes yet drawing that perfect line near our eyelashes is a challenge. On humid days, it can also result in a smudge around the eyes. Here's Benefit to the rescue: Their latest They're Real! Push-Up Liner is an innovative lash-hugging gel liner in a pen with a formula that doesn't budge or dry out. Its waterproof technology ensures your eyeliner stays put even on the oiliest of eyelids. The best part? Even a makeup beginner can use it like a pro. Its nifty AccuFlex™ tip is custom-angled and sits right on the lashline to draw an easy, neat line. At \$40 (1.4 g). Visit [www.benefitcosmetics.com](http://www.benefitcosmetics.com) for more information.

# LINE OF DUTY

APPLYING YOUR EYELINER HAS NEVER BEEN EASIER

benefit  
SAN FRANCISCO

THE SINGAPORE  
Women's Weekly

# Beauty by the Stars



## COMPLEMENTARY PRODUCTS



### Bioré Aqua Rich Watery Gel SPF50+

**PA++++** This superior double UV block with watery light texture feels like a second skin. Hyaluronic acid and citrus extract hydrate and keep skin fresh all day. At \$18.90 (90 ml).



### Bioré Pore Pack Strips

These easy-to-use strips unclog pores effectively. The specially-formulated oil-absorbing powder leaves your skin feeling fresh and clean after use. At \$4.95 (10 strips).

## Bioré Cleansing Oil Cotton Facial Sheets

These facial sheets were created with busy modern women in mind. Great for all skin types, these alcohol- and colourant-free towelettes contain 20 per cent more cleansing oil to cleanse your face in one easy motion and remove stubborn waterproof mascara in a few gentle wipes. Each facial sheet has three layers of natural fibre infused with hyaluronic acid and butylene glycol, so your skin is thoroughly cleansed without any sticky after-feel. The improved box packaging seals in moisture, keeping sheets fresh and prevents them from drying out too fast. At \$17.90 (tub of 44 sheets), \$15.60 (refill of 44 sheets) and \$3.90 (pack of 10 sheets). Visit [www.kao.com/sg/biore](http://www.kao.com/sg/biore) for more information.

# OIL IN ONE

---

KEEPING SKIN FRESH AND CLEAN HAS NEVER BEEN EASIER WITH THIS BEAUTY MUST-HAVE

---

Bioré



## COMPLEMENTARY PRODUCTS



### Cetaphil Gentle Skin Cleansing Cloths

Adapted from the Gentle Skin Cleanser, these pre-moistened cloths thoroughly remove makeup and dirt. A must-have in our travel bags. At \$13.90 (25 pieces).



### Cetaphil DailyAdvance Ultra Hydrating Lotion

Packed with sodium PCA, panthenol and shea butter, this moisturiser provides a rapid onset of hydration for quick relief. At \$25.50 (85 g).

## Cetaphil Gentle Skin Cleanser

According to skincare brand Cetaphil\*, 70 per cent of women in Singapore consider themselves beautiful but 97 per cent of them wish to improve their current skin condition – making healthy, clear skin one of their top three concerns. The top complexion cures all stem from a great cleansing regime. Try the iconic Cetaphil Gentle Cleanser, a superb formula that was originally founded by a pharmacist in 1947 as a compounding vehicle for dermatological remedies. Touted to be mild, this soap-free cleanser is gentle for all skin types and soothes your skin as it cleanses. What's best is that it can be used on both your face and body, and is gentle enough to be used with or without water. At \$39.50 (1 litre). Visit [www.cetaphil.com.sg](http://www.cetaphil.com.sg) for more information.

\*A total of 201 women in Singapore between the ages of 22 – 45 years old were surveyed online in April 2014.

# SKIN SAVIOUR

CLEANSE YOUR WAY TO GLOWING SKIN WITH THIS TRUSTED FORMULATION

Cetaphil



## COMPLEMENTARY PRODUCTS



### Dr.Belter Cosmetic Derm-A-ReNew Skin Renewal Fluid 10%

This gentle formula designed for combination/oily skin helps to refine enlarged pores and reduce pigmentation.

At \$89 (30 ml).



### Dr.Belter Cosmetic Multibenefit Color

**Balm** This advanced SPF 15 CC cream is packed with anti-ageing biological lipids and patented Ectoin® to prevent cell damage. Available in three skin tones. At \$83 (50 ml).

### Dr.Belter Cosmetic Derm-A-ReNew Skin Renewal Oleo Serum 10%

Studies show that skin cells do their repair work most effectively between 11 pm and 4 am. To optimise your skin's regeneration process, use this new serum from Dr.Belter Cosmetic, an award-winning German skincare brand that effortlessly fuses raw and organic ingredients with advanced skincare technology. This luxurious serum contains jojoba and carrot oil to nourish your complexion while a formulation of fruit acids effectively renew the cells without causing irritation. Perfect if you have premature ageing skin, wrinkled or sun-damaged skin. At \$108 (30 ml). Visit [allureskincare.com.sg/dr-belter](http://allureskincare.com.sg/dr-belter) for more information.

# SNOOZE OPERATOR

WAKE UP TO A FLAWLESS COMPLEXION WITH THIS ULTIMATE BEAUTY SLEEP SECRET



## Dr+Nu:ell Multi Sun Block SPF 42 PA+++

Protect your skin from the sun's UVA and UVB rays that accelerate ageing with this multi-functional sunblock. The easily absorbed sunscreen is fortified with advanced skincare ingredients such as green tea to fight off the first signs of ageing, portulaca oleracea to moisturise and stop skin inflammation, and rosa multiflora fruits to control sebum and keep your pores tight. It also has sebum absorption powder to combat shine so your makeup stays on longer and your complexion remains matte all day. This genius product doubles up as a makeup base and skin tone corrector as it evens out minor imperfections.

At \$62 (50 ml). Visit [www.dermabiz.com.sg](http://www.dermabiz.com.sg) for more information.

## COMPLEMENTARY PRODUCTS



### Dr+Nu:ell Vanishing BB Cream SPF 30

**PA++** Free from six harmful ingredients, this BB cream acts as a makeup base while blocking out UVA and UVB rays with three powerful ingredients. At \$42 (50 ml).



**Dr+Nu:ell Micell Spot  
SPF 30 PA++** This award-winning skin concealer covers up blemishes while providing whitening and anti-wrinkle benefits. It has Centella Asiatica Extract to soothe breakouts. At \$23.80 (2 g).

# SHIELD THIS WAY

---

NOURISH SUN-DRIED SKIN WITH THIS  
FABULOUS FACE PROTECTOR

---



### Derma-Rx Max-C

When it comes to the skin, Vitamin C is a powerful ingredient. It provides brilliant protection and shields skin from damaging free radicals caused by pollution, radiation and cigarette smoke – all causes of premature ageing. Derma-Rx Max-C is an effective antioxidant formula concocted based on the highest possible stable concentration of

Vitamin C. Upon application on your skin, it increases collagen and elastin production to keep your complexion radiant, taut and even-toned.

The best part? While many Vitamin C products are known to dry up your skin, Derma-Rx Max-C absorbs easily into your skin and hydrates well throughout the day. At \$169.06 (30 ml). Visit [store.drx-group.com](http://store.drx-group.com) for more information.

# YOUTH BOOSTER

GIVE YOUR SKIN INSTANT PROTECTION WITH  
THIS VITAMIN C COCKTAIL





COMPLEMENTARY PRODUCT



#### Heliocare Oral Ultra

Strengthen skin against cellular damage caused by UV rays and free radicals from within. Each capsule increases skin resistance against sun burn by 300 per cent. Patented Fernblock minimises hyperpigmentation and slows down premature skin ageing. Unique to Oral Ultra is Lutein, which protects eyes from UV rays as it improves visual function in patients suffering from certain eye diseases. Antioxidants Lycopene, and vitamins C and E offer additional protection against damaging effects of free radicals on the skin. At \$80.25 (30 capsules).

#### Heliocare Gel Ultra SPF 90

Do you know that exposure to UV rays for 15 minutes is enough to cause skin damage such as formation of wrinkles and hyperpigmentation? This makes it crucial to protect our skin before heading outdoors. Fernblock, DNA-repairing photoprotective technologies, green tea extract and vitamin E reduce melanin production, and thus hyperpigmentation. Anti-microbial and anti-inflammatory Phytosphingosine reduces acne, making this water-resistant gel suitable for those with acne prone skin. A combination of physical and chemical UV filters maximise sun protection by absorbing and deflecting partial sun rays. At \$54.57 (50 ml). Visit [www.heliocare.com.sg](http://www.heliocare.com.sg) for more information.

# SUN SAFE

---

LOOK YOUNGER LONGER AND AVOID  
HYPERPIGMENTATION WITH  
EFFECTIVE SUN PROTECTION

---



COMPLEMENTARY  
PRODUCT



### Himalaya Herbals Nourishing Skin Cream

Treat your skin to this all-natural herbal moisturiser containing 100 per cent herbal actives of aloe vera and winter cherry. Light and non-greasy, it restores moisture content and protects against pollution and dry weather. At \$5.90 (50 ml).

### Himalaya Herbals Intensive Moisturizing Cocoa Butter Lip Balm

Harsh beach sun, licking your lips or a lack of water can cause your lips to become dry and cracked. The solution? A super hydrating lip balm that leaves a soft, comforting feel on the lip area.

Apply Himalaya Herbals Intensive Moisturizing Cocoa Butter Lip Balm as often as you need as this luxurious blend of cocoa butter and sal butter offers a quick moisture boost. Cocoa butter is a rich source of Vitamin E that softens skin while aiding in healing. Combine that with sal butter, with its excellent antioxidant and emollient properties, and you have a winner. At \$3.95 (4.5 g).

Visit [www.himalayainasia.com](http://www.himalayainasia.com) for more information.

# LIP SAVER

---

ACHIEVE THE PERFECT POUT WITH  
THIS NOURISHING BALM

---



#### JUST FOR YOU

Receive a limited edition Sparkling Mineral Water Bottle with purchase of innisfree Jeju Sparkling Mineral Essence. Valid from October 1 - 31, while stocks last.

COMPLEMENTARY PRODUCT



#### innisfree Jeju Sparkling Mineral

**Mist** Perfect for travel or a midday moisture boost, this intense hydrating mist is chock full of fine-textured sparkling mineral water particles and stabilised coconut oil extracts to keep your skin well moisturised throughout the entire day.

At \$20 (80 ml).

### innisfree Jeju Sparkling Mineral Essence

Rejuvenate dry, flaky skin with innisfree's Jeju Sparkling Mineral line, which boosts moisture with the high carbon and mineral content of hot spring water drawn from Jeju Island's Sanbangsan Mountain. Their star product, the Jeju Sparkling Mineral Essence, has 73.6 per cent pure sparkling mineral water for a moisturising effect similar to a hydrating spa therapy. This multi-functioning essence also improves the complexion and skin tone, firms and strengthens the skin barrier, and improves the absorption of essence into the skin with the tiny carbons resulted from the Micro Sparkling Technology. At \$43 (70 ml). Visit [www.facebook.com/innisfreesingapore](http://www.facebook.com/innisfreesingapore) for more information.

# MOISTURE FIX

---

QUENCH PARCHED SKIN WITH THIS HYDRATING KOREAN ESSENCE

---

*innisfree*



## COMPLEMENTARY PRODUCTS



### The History of WHOO Bichup Soon Hwan

**Essence** Restore skin radiance with this wonder essence that boosts absorption of nutrients and, boost blood and 'Qi' circulation. At \$122 (85 ml).



### The History of WHOO Jinyulhyang Essential

**Massage Mask** Prolong youthfulness by addressing hormone related skin ageing. Ingredients like Chinese Yam and Sophora Root smoothen wrinkles and boost skin elasticity. At \$95 (100 ml).

## The History of WHOO Bichup Ja Saeng Essence

Working at a cellular level, this essence strengthens skin tissues with plant placenta and oriental herbs such as deer antler and angelica root to restore resilience and suppleness. Within this light regenerative essence is an 800-year-old imperial anti-ageing treatment, longevity formula and soothing herbal concoction that combat skin issues such as enlarged pores, dehydration and wrinkles. It leaves complexion dewy, moist, smoother and softer with reduced wrinkles and less obvious pores in two weeks. Simply cup face with both palms to enhance absorption of the essence twice a day, before applying moisturisers.

At \$205 (45 ml). Visit [www.facebook.com/thehistoryofwhosingsapore](http://www.facebook.com/thehistoryofwhosingsapore) for more information.

# HEAL & DE-AGE

STRENGTHEN SKIN AND SLOW DOWN SIGNS OF SKIN AGEING WITH A UNIQUE HERBAL CONCOCTION ONCE RESERVED FOR KOREAN IMPERIAL FAMILIES

The history of





## COMPLEMENTARY PRODUCTS



**Sloane Inc YOUTH** Rich in antioxidants, essential fatty acids and rosehip oil, this dry oil "melts" away fine lines and wrinkles, and softens scars to leave dry, crinkly skin soft and dewy. At \$42.80 (15 ml).



**Sloane Inc Age Defy S9.7** Packed with collagen-boosting peptides and skin-soothing regenerative natural extracts, this prescription-only hydrating wonder cream smoothens lines and refines pores. At \$214 (30 ml).

### Sloane Inc S8.9 Skin Drink

In our tropical weather, finding the right hydrating product for dry skin can be a challenge. Most moisturisers that combat dry skin more efficiently tend to be richer, with a tendency to clog pores and give rise to acne. But, thanks to advanced technology, antioxidant-rich Sloane Inc. Skin Drink S8.9 uses pure organic plant-based Plantasens Olive Squalane, which balances dehydrated skins without causing outbreaks. A few drops of this wonder serum is enough to deeply condition, strengthen and nourish skin. Its ability to relief dry, flaky skin as it nurses it into supple, healthy skin, makes it ideal for pregnant women, post laser treatment, eczema skin and other sensitive skin conditions. At \$128.40 (30 ml). Visit [www.sloaneshop.com](http://www.sloaneshop.com) for more information.

# QUENCH THIRSTY SKIN

RESTORE YOUTHFUL GLOW TO YOUR SKIN AND MINIMISE THE SIGNS OF AGEING WITH OPTIMUM HYDRATION

# HOW DO I LOOK? ASIA



## Asia's Ultimate Fashion Fix!

Mondays 8pm

**DIVA**  
be yourself.

**Singtel TV**

Ch 303

To subscribe to Singtel TV,  
call 1609 or visit [www.singteltv.com.sg](http://www.singteltv.com.sg)

**StarHub**

Ch 513

To sign up to StarHub TV,  
visit [www.starhub.com/tv](http://www.starhub.com/tv)

[divatv.asia/HDILA](http://divatv.asia/HDILA)

[divatv.asia](http://divatv.asia) DIVAtvAsia

#HDILasia

# Fashion

Eye Paint in Iskandar, \$40, from Nars.



Valentino

Dress, \$2,325, from Bimba Y Lola.



Flats, \$139, from Yosi Samra.

Necklace from Accessorize.

Bracelet, \$430, from Mulberry.

Ring, \$385, from Poh Heng.

Gown, \$1,040, from Raoul.

## EXQUISITE *shimmer*

Here's the golden rule:  
Stand out even more in this  
majestic colour on bold  
gilded textures of croc, satin  
and reflective metallics



Jacket, \$129, from Mango.



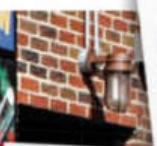
Bag, \$2,900, from Dior.



Heels, \$289, from Michael Kors.

## Dark Blooms

This season, floral prints take on an edgier form with delicate flowers laid on darker hues. We love the decadent contrast of these light blooms paired on the black silhouette, making the florals pop even more.



Jacket, \$600, from Juicy Couture.



Bag, \$189, from Cath Kidston.



Skirt, \$600, from Alice + Olivia.

## All Glamour

Seiko shows us what it really means to be spoilt for choice. Their latest watch, LUKIA, comes in seven face colours, including pink, white, purple, coral orange and rose gold, accompanied with a stainless steel bracelet. We also love the elegant touch of Roman numerals. Pair this piece with everything from casual wear to evening gowns.



Watch, \$428, from Seiko.

# This month's FASHION NEWS



Sunglasses, \$780, from Dior.



## Watch Out...

Dior So Real sunglasses have taken over the world with their own restructured spin on the Pantos vintage frame. What's brilliant about it is that it's universally flattering, even on round faces. Evidently no longer a sweeping trend, this bridgeless beauty is well adored by celebrities including Lupita Nyong'o.

## The Pink Movement

We honour the colour pink this month in the spirit of Breast Cancer Awareness. Don on this empowering hue with these fashion staples specially created for the good cause. A portion of the proceeds goes to the Breast Cancer Foundation.



Pink Pony Drawstring Bag, \$2,130, from Ralph Lauren.



*It also features the universal pink ribbon symbol on the inner sole.*



Shoes, \$59.90, from Charles & Keith.

Loafers, \$73, from Pazzion.

植物  
物語

Shokubutsu



# UPLIFT

素の力



Uplift your skin's natural power  
With Shokubutsu's amazing new formula

Introducing Shokubutsu's unique new formula that helps to melt away the stresses of modern living. Lack of sleep, work-related pressures, pollution, harmful bacteria, UV-rays and even air-conditioned environments can damage skin and cause premature aging.



Take Control of your Life and Feel the Wonder of Natural Power

Uplift your skin's natural power to cope with the strains of everyday life. Shokubutsu's exclusive uplifting formula contains 'PCA-NA', a natural skin moisturizer. This together with the revitalizing power of natural extracts helps provide for moisturized, healthier looking skin. Shokubutsu Body Foam is available in RevitaCare, Radiance, Anti-Bacterial and Men to target key skin stressors. Shokubutsu also offers Radiance and Men Facial Foam and Facial Scrub to help soothe, refresh and uplift.



**LION** LION CORPORATION (S) PTE LTD (A wholly-owned subsidiary of Lion Corp., Japan)  
[www.lioncorp.com.sg](http://www.lioncorp.com.sg)

# Bag It All

Yes to spacious, roomy bags that hold the weight of our phone, purse, jacket, makeup stash... and the list goes on. These tote bags are perfect for work and look smart and effortlessly chic whether it's hanging on your arm or slung over your shoulder.



*You can  
always count  
on black for  
versatility on  
your daily  
outfits!*



## French Flair

Uniqlo meets its French soulmate Lemaire, founded by Christophe Lemaire (former artistic director of Hermès Women), resulting in a marriage of quality, functional wear made for cooler weather. You'll find divine clean shapes matched with ribbed fabrics, available in soothing neutral tones. The collection includes cashmere sweaters, great for the cold office and the winter holidays!



# Timeless Treasures

More than just riding it out on the wave of fashion trends, designer Karen Gee, a former Mrs Australian Globe, prides herself on delivering stylish and sophisticated dresses that transcend time.

Each garment is individually made-to-order and offers a pantone selection for you to choose from. We love how her functional and elegant dresses are perfect for both work and a fancy evening out. Dresses start from US\$400 (\$410), available from [www.karengee.com.au](http://www.karengee.com.au).



# Think Positive

Embrace your inner force with meaningful words that serve as daily reminders of self-empowerment. Whether it's adorning these precious thoughts on your wrist or hanging it up in a pretty frame in your home, we all could use a little motivation to get us through the day.

# Vitagen® Less Sugar

The only  
cultured milk with  
**PREBIOTICS** and  
**PROBIOTICS**.

Each time we indulge in foods that are difficult to digest, our guts have to work extra hard. Which is why we need VITAGEN — the only less sugar cultured milk in Singapore with both Prebiotics and Probiotics (*Lactobacillus acidophilus / Lactobacillus casei*) that helps you maintain a healthy digestive system.

Be good to your gut, give it VITAGEN Less Sugar.

## PREBIOTICS

Helps support growth of beneficial bacteria in the gut.

Reduces the presence of less desirable bacteria.



Maintains a desirable balance of beneficial bacteria in the gut.

Helps fight harmful bacteria to maintain a healthy digestive system.

## PROBIOTICS

**LESS SUGAR**  
The healthier choice



**BE GOOD TO YOUR GUT**



## #Shopthetrend



### The Midi Skirt

Add a sexy twist to your long flowy skirt by baring a little skin, whether it's your midriff or shoulders.



### Smart Pants On

Nothing is more statement making than pairing up chic power whites for the office.



### The Striped Pencil

Stripes on stripes is a great way to lengthen your silhouette. Don't forget to accessorise with a pop of colour.

# From the Ground Up

Here are fresh ways to switch up your everyday bottoms



Finders  
Keepers  
bustier,  
\$169, from  
[stm.cool-  
find.com](http://stm.cool-find.com).

Bella ring,  
\$58, from  
[shop.  
sheshops.  
com](http://shop.sheshops.com).

Skirt, \$169, from  
[collatethelabel.com](http://collatethelabel.com).

Sidewalk heels,  
\$32.90, from  
[zalora.sg](http://zalora.sg).



Something  
Borrowed  
sandals,  
\$29.90, from  
[zalora.sg](http://zalora.sg).

Top, \$139, from  
[collatethelabel.  
com](http://collatethelabel.com).

Raoul  
pants,  
\$400,  
from  
[shop.  
sheshops.  
com](http://shop.sheshops.com).

Lautem  
bag, \$970,  
from  
[shop.  
sheshops.  
com](http://shop.sheshops.com).



Finders  
Keepers  
shirt, \$189,  
from  
[stm.cool-  
find.com](http://stm.cool-<br/>find.com).

Finders  
Keepers  
skirt,  
\$189, from  
[stm.cool-  
find.com](http://stm.cool-<br/>find.com).

Bigtrunkshow  
earrings, \$33, from  
[shop.sheshops.com](http://shop.sheshops.com).

Sidewalk  
heels,  
\$32.90,  
from  
[zalora.sg](http://zalora.sg).

COMPILED BY JANICE SIM / PHOTOS: IMAXTREE

# Get FUZZ-FREE, FUSS-FREE<sup>®</sup>

Do you dream of having a smooth, fuzz-free body without undergoing expensive hair removal treatments? Here's how you can achieve that bikini-ready bod in the comfort of your own home: The Panasonic Intense Pulsed Light (IPL) Hair Removal System

If you've always shaved or waxed, now is the time to say goodbye to unsightly dark follicles, irritated bumpy skin, razor burn and ingrown hairs.

Gentler than conventional methods of depilation, IPL\* prevents the regrowth of unwanted hair by irradiating hair follicles – zapping them at the source. Thanks to its gentle light filter, the Panasonic IPL Hair Removal System is sure to win you over as it **inhibits hair growth with no damage or pain to your skin** – in fact, repeated treatments will leave your skin progressively smoother while unwanted hair becomes sparser, finer and softer.

The Panasonic IPL Hair Removal System is easy to operate, safe and feels comfortable on your skin. **Lightweight, cordless and ergonomic**, you can easily manoeuvre it around different parts of your body – it can be used on the

bikini line as well – without having to deal with aching arms afterwards.

What's more, you can enjoy this user-friendly experience in the privacy of your home. Usage is completely hassle-free as you **don't need to apply a cooling gel beforehand**. The device comes with five intensity settings which can be adjusted according to the hair growth in the treated area.

All you need to do is press the head, containing an extra-wide flash window, to your skin, and slide it along as it flashes automatically. At three seconds between flashes, you only need 15 minutes to complete treatment for your entire body. The recommended treatment frequency for the first two months of IPL treatment is once every two weeks for your arms and legs and once every week for your underarms and bikini line. Thereafter, you only need to treat your arms and legs once

every month and your underarms and bikini line once every fortnight. Imagine the amount of time you'll save!

The Panasonic IPL Hair Removal System has a long battery life, which permits up to 600 flashes per full charge, and the lamp cartridge can be replaced if needed. This quality product, ES-WH80, is **made in Japan**, at \$899, available from Takashimaya, Tangs, Isetan, Metro and selected Panasonic authorised dealers.

*These key pieces will power your wardrobe for the new season... and beyond*

*What's*

**N**

**VICTORIANA  
BLOUSE**

Ruffles are the sought-after details on the white shirt, and flare pants (with mannish suspenders) add edge to innocence.

Silk blouse, \$795; pants with suspenders, \$895; and brooch, \$350, all from Anne Fontaine. Lace headpiece, \$280, from Eskpade. Bracelet, \$110, from Bimba Y Lola. Studded bootie, \$2,400, from Roger Vivier.



## SLIP DRESS

Clever tailoring transforms the intimates-inspired frock from slinky to stylish. And a patent leather handbag lends star appeal.

Talulah silk slip dress, \$365, from What Women Want. Collar and sleeve set, \$265; and cufflinks, \$250, all from Anne Fontaine. Lace hat, \$420, from Eskpadé. Miss Viv T-shirt Stars bag, \$3,890, and Belle Viver Trompette pumps, \$1,150, all from Roger Vivier.

Now





## THE PANTSUIT

Menswear-influenced trend + good tailoring = a cool, chic suit. The velvet cami is unapologetically femme.

Blazer, \$159; matching pants, \$119; and velvet camisole, \$59.90, all from H&M. Headpiece, \$450, from Eskpade. Necklace, \$1,320; and rose gold-plated bangle, \$320, both from Swarovski. Moselle ring, \$500, from Atelier Swarovski. Studded clutch, \$3,020, from Roger Vivier. Loafers, \$860, from Tod's.

## ANYTHING LOUD

Okay, it's not really anything... but the 80s' closet looks much like a child's playhouse. Pick one piece get into the groove.

Cropped top, \$59.90, from Topshop. PVC leather bomber jacket, \$2,920, from Moschino. Skirt, \$210; and tassel earrings, \$190, all from What Women Want. Sunglasses, \$265; acrylic necklace, \$265; acrylic bangles, \$40 each; GAME ring, \$105; and leather belt, all from Bimba Y Lola.



## THE A-LINE MINI SKIRT

The A-line skirt is making a big comeback, and with its hip- and thigh-disguising properties, what's not to love? Keep the vibe grownup with statement geometric earrings.

Printed blouse, \$220; and leather skirt, \$1,025, both from Bimba Y Lola. Sweater, \$290, from COS. Silk bow, \$250, from Anne Fontaine. Earrings from H&M. Fur-trimmed mini bag from Coach.





## THE HIPPY MAXI

The boho maxidress is haute, especially when mashed with a luxe plaid jacket and patent boots.

Dress, \$445; jacket, \$295; chain necklace, \$210; necklace with coins, \$160; ring (feather shaped), \$65; and multi-coloured enamel ring, \$115, all from Bimba Y Lola. Crossbody bag, \$1,990, from Bally. Hat, \$39.90; and patent boots, \$249, all from H&M.



## PATCHWORK DRESS

Include as much patchwork details as you like, but this dress elegantly embraces the boho trend, making it office appropriate. Carry a second trend by mismatching with stripes.

Dress from Raoul. Headpiece, \$220, from Eskpade. Necklace, \$390; blue stingray silver cuff, \$199; yellow stingray bangle, \$139; coloured resin ring, \$80; and ring, \$109, all from Quintessential. Striped handbag, \$300, from Bimba Y Lola. Patent leather slingback pumps, \$1,090, from Bally.

## TWEED DRESS

The flecked, woolly fabric takes over and not only at Chanel. Work the iconic trend with separates or have the best of both worlds with a “two-piece” dress. Your accessory mantra? More is more.

Dress, \$1,169, from Moiselle. Necklace, \$895, from Anne Fontaine. Diva earrings, \$38, from Quintessential. Bangle from Coach.



## SOMETHING SHINY

The lurex suit embodies the 80s in all its shining glory. A dash of neon nails the trend.

**Printed lurex jacket, \$2,790;**  
and matching pants, \$1,790,  
both from Bally. Bra top, \$210,  
from What Women Want.

Crystal necklace, \$760, from  
Swarovski. Crystal earrings,  
\$700; and multi-coloured  
crystal bracelet, \$1,550,  
all from Atelier Swarovski.  
Snakeskin embossed pumps,  
\$290, from Kandee.





## WIDE LEG PANTS

Afghan pants, palazzo pants, salwar pants... wide leg trousers continue to woo women with their discreet folds. Keep the top cropped for a leggy look.

Vintage-style top, \$1,009, from Moiselle. Flare trousers, \$109, from COS. Straw hat, \$80; necklace, \$420; and metallic leather gloves, \$160, all from Bimba Y Lola. Sunglasses, \$525, from Anne Fontaine. Prismick fringed suede bag, \$4,340; and heels, \$1,510, all from Roger Vivier.

PHOTOS: NICKY LOH, ASSISTED BY YANN CLOITRE / STYLING: NEO LIRONG, ASSISTED BY IVAN LOW & CHESTER CHONG / HAIR: ASH LOI @ ATELIER, USING SEBASTIAN / MAKEUP: GINGER LYNETTE, USING LANEIGE / MODEL: JIMIN @ MANNEQUIN

# The new SEASON HOTLIST

*The new trends for Fall/Winter are exciting but can be a tad overwhelming, so use our quick guide to refresh your style*

## IN THE RED

From scarlet to chilli and fire hydrant, red is the standout colour of Fall/Winter. Designers were working the look head to toe, but you can just zing up any outfit with a flash of red.



## TOTE-ALLY TRENDY

Designed with the urban woman in mind, jumbo leather totes are the perfect blend of city chic, function and ease. Scoop them up in earthy shades, and use them again... and again.



Personalised Editor's bag, \$820, from CH Carolina Herrera.



Shopper tote, \$3,690, from Loewe.

Hamilton tote, \$398, from Michael Kors.

## LACE-UP BOOTIES

They solidly ground the Bohemian gypsy look. Lace-ups strike a fashionable balance between uptown funk and femininity.



*Patent, lace-up and block heels - a fashion hat-trick!*

Dawn heels from Kate Spade.



## STATEMENT NECKLACES

A huge necklace is probably the easiest way to add instant wow to an outfit. Try wearing it under your collar or over – for different effects. And suit your mood with luxe embellishments, boho fringing or punk rock horns.

Resin and horn necklace, \$205, from Bimba Y Lola.

Ek Thongprasert necklace from On Pedder.

Oxford shoe with strap buckle, \$619, from Repetto.

Patent pump, \$789, from Sportmax.

## PATENT APPROVED

The runways this season gleamed with the spirit of 80s punk. Give your wardrobe a lick of slick with shiny patent.



## VELVET NIGHTS

Party season will have ladies decked out in full-length velvet. But for work days, the velvet belt is an instant style update.

## SEQUINNED SPLENDOUR

There's no better way to make a statement than with glittery sequins, sparkles, lurex and disco-inspired metallics. Best saved for eveningwear, you can still work the trend for day with these...

2-in-1 sequinned dress, \$116, from Dorothy Perkins.



Bag from Dolce & Gabbana.

High waist belt, \$26.90, from Charles & Keith.



Interlocking bag, \$2,370, from Gucci.



Manhattan cuff, \$1,080, from Atelier Swarovski by Philippe Ferrandis.

Dusky cuff, \$880, from Swarovski.

## ARM CANDY

The bigger and bolder, the better. That's the way to go with bangles and cuffs. But don't throw away your thinner bangles just yet – wear them all stacked up.

# Fashion Trend Report

## PRINTED MATTER

Geometric patterns and colour blocking are prints to adopt to your neutral palette, adding depth and fashion flair. Experiment with designs and shapes to create that perfect silhouette, or accessorise with a textured clutch.



Metropolis mini crossbody, \$830, from Furla.



Geometric print sweater, \$489, from Sportmax Code.



## ELABORATE EARRINGS

Get hooked on ornate drop earrings that draw the eye to the graceful curves of the neck and ears.



Balmain

Roma check dress, \$379, from Karen Millen.

## A TOUCH OF FUR

This season, it's all about look-at-me fur. To twist the trend to suit the tropics, choose styles with faux fur trimming, be it round the neck, on jacket lapels or a cute clutch.



Faux fur gilet, \$69.90, from Bershka.

Fur-collared trench, \$600, from Juicy Couture.



Evening Belles Steffe clutch, \$490, from Kate Spade.

*Keep your purse close to you - everyone will want to touch this!*

## BUCKET LIST

As the IT bag of 2015, this roomy, chic carrier has to be on your must-have list. Bucket bags are at once convenient and stylish, but designers have evolved it with multi-coloured stripes, chain handles, and prints.



Detachable strap bag, \$650, from Bimba Y Lola.

Viva bucket bag, \$1,135, from Furla.

Ricky drawstring bag from Ralph Lauren.



Collared dress, \$53.90, from Dorothy Perkins.



Obi Belt, \$29.90, from New Look.

Pink belt, \$740, from Tod's.

Black belt, \$440, by Alice + Olivia.

Woven belt, \$149, by BCBGMaxAzria.

## BIG, BOLD BELTS

We've had enough of skinnies. It's way more fun to play up an hourglass shape with these big boys. Go for colour contrast for an even more dramatic effect.

Iris & Ink stretch silk dress, \$295, from theoutnet.com.

Victoria Beckham

## MINIMAL EFFORT

This should be in every working woman's wardrobe – the dress that you can simply pull out and slip on for rushed mornings. It's no fuss, sleek, functional, and body-flattering. In this case, less is more.



## PATCH THINGS UP

This boho-inspired trend is still a runway favourite, albeit in more subdued tones for the Fall/Winter. Mere mortals may find it challenging to blanket themselves with such juxtaposition of colours, so the trick is to surround one patchwork piece with solid hues. Easier yet, slip on a patchwork bag.



Snakeskin-print bag from Chloé.



Empire carryall from Coach.



Olaf Bag, \$2,310, from CH Carolina Herrera.

*Pair with a gold ensemble to wow or tone down with a LBD.*

## SLING FLING

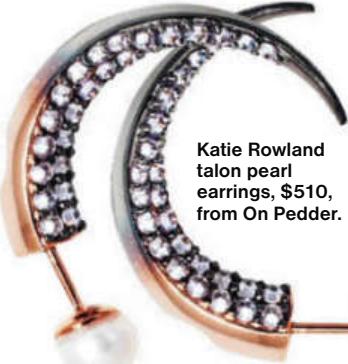
They're so feet flattering. Next to the nude pump, the pointy-toed sling back should be a wardrobe staple, taking you direct from work to cocktails.



Snakeskin heel from Jimmy Choo.

Duo tone sling backs, \$1,080, from Chanel.

# Fashion Trend Report



Katie Rowland talon pearl earrings, \$510, from On Pedder.



Glass pearl brooch, \$920, from Chanel.

## PEARLY WHITES

Your classic strand of pearls will always be precious, but for this season, the classy baubles should be set in chunky accessories – from brooches to cuffs and earrings. If you've got a long strand, twist and knot at base of neck for nonchalant elegance.



Margot printed mini dress, \$559, from Diane von Furstenberg.



Elda dress, \$460, from Sandro.



Printed clutch from Carven.

## ANIMAL PRINTS ON ACID

You've mastered the traditional leopard or snake print, now take a walk on the wilder side with prints given the acid treatment. We admit it does need some courage for a dress so eye-catching, but a clutch is easy to carry off.

Miu Miu

## THE ALLURE OF LACE

Black and white lace adorn 18th Century-inspired designs, but the lovely peekaboo fabric gets a colour rush for modern-day gals.



Coast dress, \$289, from Robinsons.

Lace playsuit, \$79.90, from H&M.

## BOXY BAGS

It's hip to be square... especially if you're one of these cool boxy bags!



Marc by Marc Jacobs



Slice of Cake bag, from Kate Spade.



Crescent Toile luggage, \$5,190, from Bally.

Team a printed bag with a black dress or suit for retro chic.

TEXT: ELIZABETH LIEW / STYLING: RANDOLPH TAN / PHOTOS: ALEXANDER OOW, IMAXTREE

**MARIGOLD**

For health. For life.

# MARIGOLD YOGHURT. NATURALLY...



**IRRESISTIBLE.  
IN ANY WAY.**

Enjoy the natural goodness of MARIGOLD Yoghurt as an ingredient in your dishes. Even on its own in either low fat or non fat, every spoonful is deliciously rich and creamy. Also containing calcium and live probiotic cultures\* to aid digestion, MARIGOLD Yoghurt makes your home-made treats healthier, tastier, and simply irresistible.

**MARIGOLD Yoghurt. Goodness From Inside Out.**

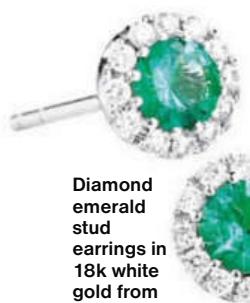
\*L.bulgaricus and S.thermophilus



# Start thinking GREEN

*Fresh, vibrant, luxe. Emeralds lend a precious pop of colour to your look. And they're perfect for monochrome wardrobes*

Diamond emerald classic necklace in 18k white gold from Poh Heng.



Diamond emerald stud earrings in 18k white gold from Poh Heng.



When you've got such a statement-making necklace, you don't need much else, and actress Sophia Vergara knows it.



Diamond emerald ring in 18k white gold from Poh Heng.



Heel from Stuart Weitzman.



Diamond emerald drop earrings in 18k white gold from Poh Heng.



Miroslava Duma at Paris Fashion Week.



Schiaparelli A/W 2015-16

Take notes: Green sits well on Asian skin tones, and partners perfectly with bling of any kind.



Diamond emerald dangling earrings in 18k white gold from Poh Heng.



Chiara Ferragni at Milan Fashion Week.

The power of emerald – it works magic on black and white.

**Buying An Emerald**  
There's no right or wrong colour for emeralds – the best colour is the one that you like and looks good on you. Poh Heng Jewellery Marketing Manager Pamela Seow shares, "Unlike diamonds, emeralds are not graded with D, E or F, but by how vivid the green saturation is, and the undertones, if any." Where possible, look at the stones in daylight, so you can see the colour and undertones. Pamela advises, "If you're fair skinned, pick stones with blue undertones; and if you're olive or tanned skin, go with yellow undertones." As emeralds are very brittle, Pamela warns against buying a piece that requires alteration, unless there's an experienced emerald craftsman available to do it.

Diamond emerald necklace in 18k white gold from Poh Heng.



Bag, \$495, from agnès b.

TEXT: JANICE SIM / PHOTOS: CORBIS, IMAXTREE

# Hiruscar®

## Goodbye scars. Hello confidence.

Scar and keloid care for your body

93%  
*Scar Improvement\**

FLATTENS  
RAISED  
SCARS

SOFTENS AND  
SMOOHENS  
HARD SCARS

LIGHTENS  
SCARS OR  
SCAR MARKS



Rediscover the new you with Hiruscar. Developed by a Swiss company and specially formulated for the Asian skin, Hiruscar is a non-invasive scar care gel. Gentle and easily-absorbed, its revolutionary 2-in-1 formula flattens, smoothens and lightens scars. Together with its 6 essential ingredients (Allium Cepa, Mucopolysaccharide Polysulphate (MPS), Aloe Vera, Vitamin B3, Vitamin E, Allantoin), Hiruscar penetrates deep and fast into the dermis level, visibly reducing the appearance of scars.

TRY HIRUSCAR TODAY TO VISIBLE REDUCE SCARS



Hypertrophic Scar



Burn Scar



Keloid Scar



Surgical Scar

Available at Guardian, Unity, Watsons, leading hospitals, major department stores and beauty care shops.

Distributed by: DKSH Singapore Pte Ltd   Healthcare Hotline: 6471 0888

\*Based on findings by Info Focus Company Ltd over a period of 12 weeks. Individual results may vary.

medinova  
SWITZERLAND

# THE NEW ESSENTIALS

*Just add these on-trend pieces to your existing wardrobe and you're instantly up-to-date (we love that they're so figure-flattering too!)*



Dress,  
\$73.90.



Complete the  
ode to the 70s  
by matching  
pinny with the  
ankle boot.



Ankle boot,  
\$66.90.



## THE PINNY DRESS

Join the mod squad with the pretty pinny (or pinafore dress). Wear alone or over a turtleneck for a Peggy Lipton tribute. You've got to own a playful spirit to wear this style, but it's totally office wearable once you throw a smart white jacket over. Keep denim for casual days.

## THE A-LINE SKIRT

If you haven't yet got the message, yes, the 70s is the decade to resurrect fashion wise, and the easiest way is with the figure-forgiving A-line skirt. Pair with a white T-shirt and sandals for the weekend, or get adventurous with a tailored blouse and booties.



**STYLIST'S TIP**  
Always tuck your blouse in when wearing the A-line skirt to accentuate your tiny waist.



Skirt, \$63.90,  
exclusively at Zalora.



Skirt, \$46.90.



Wrap,  
\$69.90,  
exclusively  
at Zalora.

## THE WRAP

If you're heading off for a holiday to cooler climes, or just have to endure an icy-cold office, this is THE piece to keep you warm and stylish.

It's got a nice length that elongates and relaxed lapels add effortless style (besides hiding an "I've-had-too-much-for-lunch" tummy).



## THAT 70s BLOUSE

Although you may prefer to leave bell bottoms in fashion history, you'll definitely welcome this pretty vintage-inspired blouse. It's boho chic at its best. It works just as well with a pencil skirt for the office, as it would a pair of denims for weekend duties.



## BAGS OF STYLE

Take your pick from Dorothy Perkin's collection of must-have bags, no matter the occasion.

The wristlet is a lunchtime must-have. Leave the heavy handbag at the office, fill this cutie with your cash, card and mobile and you're set.



Wristlet, \$26.90.

Bag, \$56.90.

The crossbody is here to stay, and it's perfect for busy mums who need to go hands-free.

Bag, \$46.90.

## THE SKINNY PANT

You may shy away from the skinny thinking you're, well, not skinny enough. But you'll discover that once you find the pair that fits you like a second skin, you'll never want to live without it. You can dress it up or down, and pair with a more fluid top if you're hip conscious. Dorothy Perkins does theirs with a good amount of stretch, so you can look good yet feel comfortable. But if you're still not convinced, we've got the perfect pair for you: The bootleg. It's fitted through the thigh and flares nicely at the calves.



Flare Jeans, \$69.90.



Jeans, \$69.90.

### STYLIST'S TIP

Are your jeans the right length? Ask yourself: Will you be wearing them with flat sneakers or heels – then you tailor them accordingly. You want them to just graze your heels.

ALL PRODUCTS ARE FROM DOROTHY PERKINS.



Fitness First

# GET MORE FROM FITNESS

Reach your personal best and achieve more than you thought possible through the right balance of training and motivation. Whatever your goal or fitness level, we have created innovative programmes designed to fit you, your style and your life. From Freestyle Group Training™ to Pro Cycling™ and more, go further and let your progress inspire you. Whatever you want to achieve, you can count on our expertise and cutting edge fitness science to get you there. **Together, we can go further.**



Boxing Vault



Freestyle™ areas



New-look clubs

**Best of Singapore** (Singapore Tatler, since 2005)  
**Best Gym** (i-S Readers' Choice Awards 2012 - 2014)

**17 clubs in Singapore, 300 clubs worldwide:** > Swimming pools > State-of-the-art gyms  
> 1,200+ classes a week (Pro Cycling™, Yoga, dance, Aquafit, Freestyle™ etc) > Daily Workout attire and more

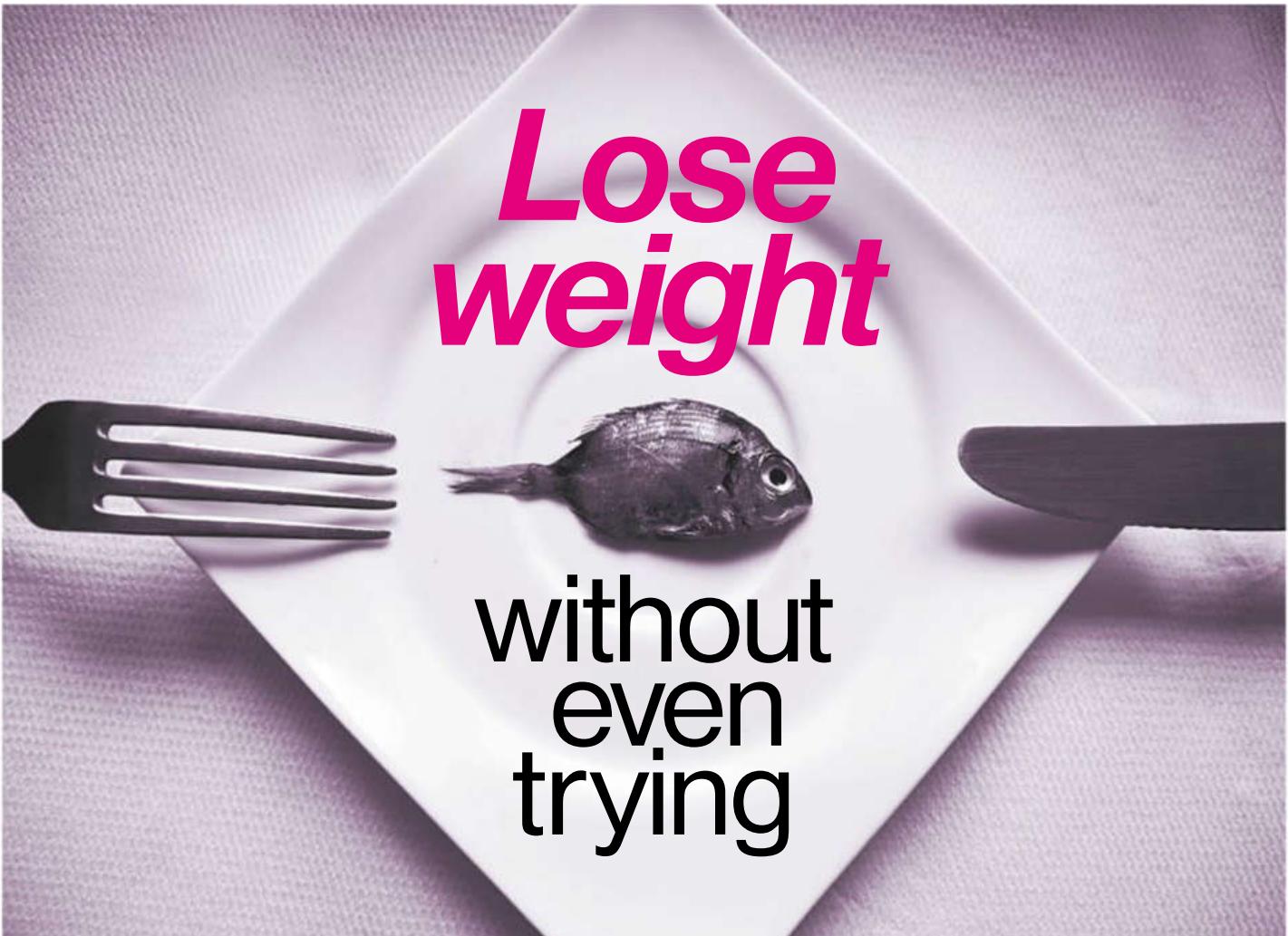
**CBD:** • 100 AM (Tanjong Pagar) • Capital Tower • Market Street (Raffles Place) • MBFC (Marina Bay Financial Centre) • One George Street • One Raffles Place • One Raffles Quay  
**ORCHARD:** • Paragon • The Cathay (Dhoby Ghaut) **NORTH:** • AMK Hub (Ang Mo Kio) **EAST:** • Changi (UE Biz Hub East) • Tampines (CPF Building) **WEST:** • 321 Clementi  
• Alexandra (Mapletree Business City) • Fusionopolis (Buona Vista) • The Metropolis (Buona Vista) • Westgate (Jurong East)



fitnessfirst.com

# Inspire

## Lose weight



without even trying

**Shedding kilos doesn't mean you have to go hungry or slog it out at the gym. You just need to fine-tune these everyday habits**

TEXT: BAUER SYNDICATION / PHOTO: CORBIS

### Keep H<sub>2</sub>O on hand

A US study shows that by drinking 500 ml of water before a meal you could consume 90 kcal less than if you don't drink water. You may also lose 2.5 kg more in the long run. So keep a water bottle in your bag and on your desk to combat snack cravings when they strike.

### Eat from the sea

The omega-3s found in oily fish such as salmon, cod and sardines could benefit your waistline. An Australian study shows that overweight people who eat fish every day as part of a reduced-calorie diet can lose 20 per cent more than those who don't eat fish.

### Enjoy your wine

Women who drink two glasses of wine each night are less likely to gain weight than those who don't. As a bonus, nutritionist Leanne Cooper says that if you drink sensibly, you may be more responsible and practise moderation when it comes to your overall diet and health.

### Hit the sheets

Aim for seven or eight hours of shut-eye each night as inadequate sleep of five hours or less affects the hunger hormone ghrelin – which increases food intake and abdominal fat, reduces the calories you burn and promotes fat retention. So if you need to get up at 7 am make sure you're in bed by 11 pm.

### Put your wallet on a diet

Retail therapy may feel good but a US study shows financial strain is a significant cause of elevated stress levels, which can lead to weight gain. A great way to curb your spending is to limit the amount of unnecessary food items you purchase.

# Reduce stress with scrapbooking



Letting your creative brain loose has many positive effects, including stress reduction and increased feelings of happiness. Painting or drawing can seem daunting, so try scrapbooking to reap these benefits. It leaves ample room for interpretation as it is part photo album, part diary, and part art project. Firstly, you need some photos. Next, you need craft materials; on the right are some essentials recommended by craft store PaperMarket. Once you've got your tool kit ready, the rest is all up to your creativity!

If you'd like to attend a class to learn the basics of scrapbooking, sign up for the Scrapbooking Start Class at PaperMarket. The three-hour hands-on session will cover all you need to know to get started and by the end of the class you will complete a 12 x 12 inch scrapbook page. The class includes all materials required. At \$39. Visit [www.papermarket.com.sg](http://www.papermarket.com.sg).



**Scrapbook Kit**  
The Mambi Page Kit includes everything necessary to personalise and record your memories. At \$19.90.

**Scissors**  
Create precision cuts for scrapbooks, cards, small crafts, and detailed work using this pair of scissors. At \$34.90.



**Adhesive**  
The foam dots add dimension to all your craft projects while the glue dries fast, is acid-free and waterproof. 3D Foam Dots, \$4.90; and Beacon's 3-in-1 Advanced Craft Glue, \$7.90.

All products are available at PaperMarket.

**12 TIMES**

That's how much happier you could be if you spend at least six hours a day with friends and family, based on a US study.

## Trying to lose weight?

Then eat your breakfast cereal from a cup, not a bowl. The smaller portion will save you 120 kcal so you don't have to blow your diet first thing in the morning.



## One reason to get a desk plant

Taking short breaks to stare at nature can boost your concentration and performance at work, according to a study by the University of Melbourne. No greenery outside your window? A humble office plant will do just fine.

## Eat your way to better hair

### TO CLEAR DANDRUFF:

#### EAT OYSTERS

Your scalp needs zinc to produce healthy levels of oil around the hair follicles.

A lack of zinc leaves the scalp dry and flaky. Seafood including oysters, crab and lobster are rich sources of zinc. Also top up your intake with beef and pumpkin seeds.



### TO PROMOTE GROWTH:

#### EAT RED MEAT

If you're experiencing thinning, hair loss or stagnant hair growth, you could be iron deficient. Add extra inches by upping your intake of iron-rich lean red meat. Veggie options rich in iron include green leafy vegetables and lentils.



### TO DELAY GREYS:

#### EAT WALNUTS

Copper helps produce melanin, the pigment that gives your hair its colour, and a deficiency is a common cause of premature greying. Walnuts are a source of copper so add some to your diet.





GF-D6011LB / 601L

The LG Door-in-Door™ Collection is available in Multi-Door, Side-by-Side and Top Freezer configurations.

# NO ORDINARY DOOR

The LG Door-in-Door™ | Designer Edition



All you need, always within reach. Stunning designer looks with a smart space. Easy to use. Just as easy to love.

## Exclusive for Singapore Women's Weekly Readers

From 1 October to 30 November 2015, flash this page to receive \$100 Grocery Voucher\* or a GlassLock 4-pc set (worth \$48)\*\*

Terms and conditions apply.



INVERTER LINEAR  
COMPRESSOR



10  
YEAR  
WARRANTY



Hygiene Fresh<sup>+</sup>

10-Year Warranty | Easy Access | Energy-Saving Smart Organization | Bioshield™



Terms & Conditions: \*With the purchase of GF-D6011LB \*\* With the purchase of GT-D4111PZ, GT-D4411PZ, GT-DS101NS, GS-M6261NS, GS-J5961NS. Offer is only valid with eligible purchases from LG authorized retailers. Customers are to purchase at LG authorized retailers, and redeem the additional free gift at LG Service Center. Redemption ends 30th November 2015. Not in conjunction with other promotions, aside from nationwide end consumer promotion. Normal end consumer promotion terms and conditions apply. Find out more from our promoters at your nearest retailer.

## Feel Good



1

2



24 kcal  
per serve

5



4

9.5 kcal  
per 4 serve



# SNACKS to stay on track

*Reach for these easy-to-make guilt-free treats the next time you have the munchies*

### 1. Green Juice

Juice 1 kale leaf, ½ green apple, ½ cucumber, ½ lemon and 2 cm ginger. Mix with ½ cup coconut water and serve over ice.

### 2. Soy & Lemon Edamame With Broccoli

Place ½ cup broccoli florets and 2 tbsps frozen edamame beans in a small heatproof bowl. Add 1 tbsp water, cover with plastic wrap and microwave on high for 1 min. Drain and toss through 2 tbsps lemon juice and thinly sliced rind, 1 tsp soy plus a pinch of chilli flakes if you like.

### 3. Choc Berry Smoothie

Blend ¾ cup skim milk, ½ cup frozen mixed

berries, 2 tps cocoa and 1 tsp honey. Process in a blender until smooth.

### 4. Spiced Popcorn

Pre-heat oven to moderate, 180 C. Spread 3 cups of plain popped popcorn on a baking sheet. Sprinkle 1 tbsp lime juice, ½ tsp cajun spice mix and ½ tsp salt. Heat for about 5 mins and toss just before serving. Serve warm.

### 5. Watermelon & Mint Ice Blocks

Blend 100 g chopped seedless watermelon with ½ cup coconut water. Place a few halved blueberries and mint leaves into four plastic cups. Pour in watermelon mixture. Freeze 30 mins. Insert wood sticks and freeze 3 hours. W

### CURB CRAVINGS WITH YOUR FINGERTIPS

Research from Australia shows that concentrating on the sensation of tapping may help you forget about food. Try tapping your forehead and ear with your index finger for 30 seconds the next time you need to get rid of a sudden food urge. If you're in public, tapping your toe can produce a similar response.



Put **everything** in and close up *tight*!  
You work best **under pressure**!

Get all your ingredients ready. They soon won't know what hit them! Put everything in the pressure cooker and close the lid. As the heat builds up inside, so does the pressure. Now you can go and relax - but not for too long!

Cooking with WMF

[www.wmf.sg](http://www.wmf.sg)

f WMFSingapore

g wmf\_sg



# THAT life-changing MOMENT

*These young women are either ovarian or breast cancer survivors. They share how they overcame the illness and started living life with greater purpose*

BY SYLVIA ONG

Singer and Radio DJ Daphne Khoo was in complete shock the day she learnt she had cancer. "One day, I was hit by a really bad allergy. My eyes were swollen, my arms and legs were covered in hives!" recalls the first Singapore Idol contest finalist. When the allergist couldn't find a cause, Daphne was fast-tracked to a full body check-up: "An ultrasound scan of my abdomen area showed a 10 cm-wide tumour sitting next to my left ovary. They said it may or may not be cancerous and then referred me to a specialist to have it removed," says the 28-year-old, who was studying music and songwriting at the Berklee College of Music in Boston at that time.

After she informed her family members, they quickly flew to Boston to be with Daphne as she underwent a unilateral salpingo-oophorectomy to remove her left ovary and fallopian tube, and an omentectomy which cuts her belly open and the fatty tissues of the organs removed to check for cancer. The entire procedure took up nearly five hours. To ensure she would someday have her own children, Daphne banked 19 ova before the surgery for future use. "There's no doubt in my mind that if I can have children in the future, I would do it," says the sprightly singer who's still single.

The post-surgery report confirmed it was Dysgerminoma, a very rare type of ovarian

"I went into autopilot mode and did everything I could to get well again."

- Daphne Khoo, 28,  
chose to face up to her  
life-threatening illness

cancer where a malignant tumour grows in the ovary. "I was lucky I had the surgery early because when they opened me up, the tumour had grown another 3 cm in just two weeks!" shares Daphne. "My mum had suffered from Stage One breast cancer 10 years earlier so I knew cancer was no joke. Instead of sobbing in self-pity, I went into autopilot mode and did what I needed to do to get well again. When the doctors recommended chemotherapy, I applied for a three-month absence from school and left for New York where I would receive the treatment."

It's been three years since her battle with the Big C and Daphne remains cancer-free, save for a daily reminder in the form of an upside down "T" shape scar that stretches from her abdomen down to her pelvic. Now the picture of radiant health, Daphne is busy composing and performing – she penned and sang one of the three official theme songs at this year's 28th SEA Games "Greatest" – and has plans to release a single at year's end. Since March, she also started a new career as a deejay with SAFRA Radio Power 98 FM: "Being a deejay is quite a refreshing change for me and I get to listen to songs at work which I love anyways," she says.

*Tune into Daphne's radio segment on weekdays from 10 am to 2 pm and Sundays from 5 pm to 9 pm on POWER 98 FM.*

DAPHNE WEARS GLITTERY MAXIDRESS, \$139, FROM MISS SELFRIDGE, AND ROSE GOLD NECKLACE, \$13, FROM DOROTHY PERKINS





### BONUS VIDEO

Watch Daphne sing “Carry On”, a song she wrote about her battle with ovarian cancer.

## Women Share

**I**t was right in the middle of playing a girls' soccer match in KL, Cristalle, then 15 and the goalie on the team, was kneeling on all fours desperately waving for the referee's attention: "There was a sudden sharp pain in my abdomen," says the student of Ngee Ann Polytechnic's Tourism and Resort Management course, "It hurt so bad that I had doubled over and needed help to walk off the field. I felt nausea and started to vomit. I thought maybe I'd eaten a bad clam."

But the tummy aches continued to haunt her. "For weeks, the pain would wake me up in the night – It was like someone was stabbing me in the stomach with a knife and I couldn't move. Around the same time, my belly started to bloat and turn slightly hard – I thought it was just my six packs forming from my daily gym sessions," laughs the bubbly teenager at her "silliness".

When Cristalle finally sought a doctor's opinion months after the first attack, she was briskly admitted into hospital for further tests the same day. "I remember being asked to leave the room when the doctor disclosed the findings of my tests to my parents. It turned out that I had a 19 cm long tumour resting on my pelvis and there was a chance it was cancerous."

Her parents were so calm before her that Cristalle didn't quite realise the gravity of the situation. While her friends at school began their Secondary Four year and prepped for the 'O' Levels, Cristalle was confined to bed after an 8-hour operation which left a permanent 22 cm-long scar across her pelvis. A post-surgery analysis confirmed Cristalle had Stage 2 ovarian cancer. "The doctor told my parents I had maybe five months to live," Cristalle says.

While most patients may give up on life then, this bubbly teen didn't. "I continued to attend school in-between six chemotherapy cycles. I worked doubly hard to make up for my absence. I would borrow my classmates' notes and sat outside the teachers' room to complete my assignments so I could easily approach them for help," she says, "Everyone treated me like a princess even when I was bald and bloated from the chemo."

Cristalle's soldiering spirit paid off – the cancer went into remission and she scored 15 points at the GCE 'O' Levels and was accepted into the diploma course of her choice. "I'm quite contented with my results since I was absent half the time," she says. "I think if it wasn't for my illness, I might not have learned to appreciate simple day-to-day activities like going to school and being around friends."

CRISTALLE WEARS PINK FLARE DRESS, \$46.90, FROM DOROTHY PERKINS; PINK SMILEY WATCH, \$139, FROM MEGAFASH; AND PINK PONY HAIR SNEAKERS, \$189.90, FROM SUPERGA

"I thought the stabbing pain was a result of gaining six packs!"

- Cristalle Wang, 19, didn't let cancer dash her dreams



**W**hen Vivien removed her thyroid gland three years ago after being diagnosed with a common type of thyroid cancer, she thought she had dealt with her share of bad luck. So imagine her dismay when a chance mammogram showed a 2 cm-large lump in her left breast just a year after her thyroidectomy.

The biopsy showed she had Stage 3 breast cancer and that the cancer cells had spread to her left arm and affected several lymph nodes. "I cried non-stop and asked 'Why me? But my doctor told me frankly that he didn't have a clue," says the team manager of a corporate travel agency who has two kids - a son, six, and daughter, 12.

After coming to terms with the illness, Vivien underwent a lumpectomy to remove the bump and infected lymph nodes. She also endured six cycles of chemotherapy and 25 weeks of radiotherapy, and is now on long term medication. People were her saving grace: "My employer kept my position for me while I went on a 10 months' sabbatical to receive treatment. My mum quit her job to care for me, and my husband came with me to all hospital visits," she says.

On the road to recovery, Vivien is more mindful about what she eats and jogs weekly. "I completed the 3.5 km event at last year's Run For Hope, and aim to finish 10 km at next year's run. By supporting this cause, I hope cancer can someday be cured like a common cold." **W**

"There's no point in thinking 'Why me?'"

- Vivien Khoo, 42,  
relearns how to live after  
having had cancer twice



## RUN FOR HOPE 2016

Help raise awareness and funds for cancer research by taking part in Run For Hope 2016. The annual run is organised by Four Seasons Hotel Singapore, Regent Singapore and National Cancer Centre Singapore in memory of the late Terry Fox, who trekked across country to raise money for cancer research after he lost his leg to osteosarcoma, a type of bone cancer.

### DATE:

Sunday, January 31, 2016

### RUN DISTANCE:

10 km & 3.5 km

### FLAG-OFF TIMES:

7 am (10 km),  
7.20 am (3.5 km)

### VENUE:

The Promontory  
@ Marina Bay

### FEES:

\$55 (adult),  
\$32 (junior 5 – 18 years old)

For more details or  
to sign up, visit  
[www.runforhope.sg](http://www.runforhope.sg)



## What You Need To Know...

Dr Chia Yin Nin, senior consultant gynaecologist of Gleneagles Hospital and committee member of Singapore Cancer Society Women's Gynaecological Cancer Awareness Campaign 2015, answers some questions on ovarian and breast cancers

### What are the risk factors for ovarian and breast cancers?

"Women who have no children, women with a family history of these cancers, and women who started menstruation younger than usual (before 12 years old) and menopause at a later age (after 55 years old) run higher risks. Breast cancer is the most common cancer among women, while ovarian is fifth."

### Does the contraceptive pill lower one's risk?

"Studies show that with prolonged use of up to three to five years, the contraceptive pill

can decrease ovarian cancer risks by 50 per cent. This is due to the effect of oestrogen suppression (which is thought to contribute to the risk of ovarian cancer). But it does not increase or decrease the risk of breast cancer."

### Can breastfeeding and childbirth lower one's risk?

"Yes, it inhibits the release of oestrogen hormones in the body."

### What are the symptoms of ovarian cancer?

"There are often no signs in the early stage of ovarian cancer.

By the time the symptoms show, the cancer has advanced and spread locally (Stage 2) or within the abdomen (Stage 3). Symptoms may include a bloated belly, abdominal distension, indigestion, change in bowel habits, nausea, or disturbance in passing urine."

### What are the symptoms of breast cancer?

"It usually presents a lump in the breast. It's a myth that if the breast lump is not painful, it is not cancer. On the contrary, early breast cancer lumps are painless. Any palpable lumps

regardless of size should be assessed by a doctor."

### How are the two cancers diagnosed?

"Breast cancer is found through mammogram or ultrasound scan, and confirmed by a biopsy of the lump. Ovarian cancer is diagnosed by radiological imaging, (ultrasound and CT scan, tumour markers CA 125) and then confirmed at surgery after the growth is removed."

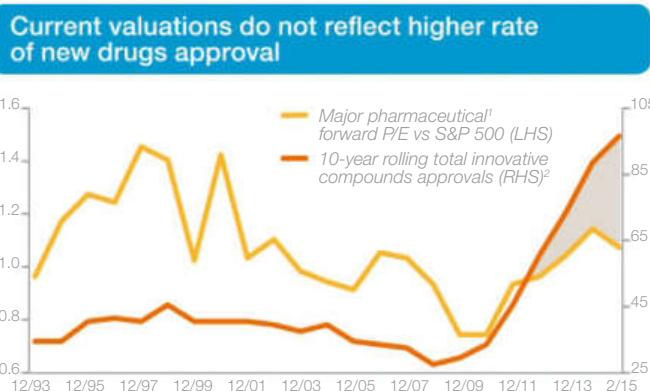
### Is there a cure?

"Both are curable, with surgery and chemotherapy. Breast cancer patients may need radiotherapy after breast reconstruction surgery. Patients with hormone-sensitive breast cancers will require hormone therapy for five to 10 years."

## Healthcare's continuous innovation is an investment opportunity for your future.

Give your portfolio a healthy boost with the United Global Healthcare Fund.

### 1 The healthcare revolution is unfolding



#### Huge industry growth prospect with exciting innovations

##### CANCER

Immuno-oncology therapies are producing clinical evidence of effectiveness and are potential blockbusters once they get wider approval.



##### CYSTIC FIBROSIS

First-in-class drugs should substantially increase both life expectancy and quality of life for cystic fibrosis patients.



##### GENE THERAPY

Gene therapy is gaining scientific momentum and could mitigate dozens of conditions ranging from congenital blindness, blood disorders to lethal brain diseases.



### 2 The industry is rethinking its business model

#### Healthcare delivery transitions from cost-intensive primary care to preventative care



#### The Affordable Care Act in the US shifts focus to keeping patients healthy



- Pay-for-performance tied to care metrics and cost reduction
- Healthcare providers scale by horizontal integration into long-term care or vertical integration into health insurance
- Larger healthcare systems can harvest big data for population health management

### 3 Healthcare spend is rising globally due to demographics and economic growth

#### Increased population

World population expected to rise over 30% by 2050<sup>4</sup>

#### Per capita healthcare spending increases sharply

Historically, it shows that cost of healthcare increases by close to 100% from ages 18 - 44 to 45 - 64 in the United States<sup>5</sup>

#### Rising demand from emerging markets

Healthcare spending in emerging markets will grow by 11.4% - 14.4% compounded annual growth rate (CAGR) for the next 5 years<sup>6</sup>

**Notes:** <sup>1</sup>Defined as mid-/large-cap companies that develop, produce and market drugs or pharmaceuticals for use as medications. <sup>2</sup>The term "innovative compounds approvals" refers to the first US commercial approval for a particular disease state of a drug with a mechanism of action that has not previously been brought to bear on that disease state. <sup>3</sup>Sources: Credit Suisse (through 2013) and Wellington Management (2013 – present) | <sup>4</sup>Source: United Nations, World Population Prospects 2012 | <sup>5</sup>Source: Health, United States CNC, 31 December 2013 | <sup>6</sup>Source: IMS Health Market Prognosis, June 2013



## In the healthcare industry, innovation is constant. So is growth.

### United Global Healthcare Fund

Continuous innovation in the healthcare sector is creating new and exciting investment opportunities. Our industry knowledge and investment expertise in this area has earned United Global Healthcare Fund the reputation of delivering stable growth and uncovering investment potential in a market where innovation is a constant. Since its inception in 2000, the fund has received over 30 industry accolades\* across the region.

For more information about the investment opportunities, simply visit your nearest distributor today.



Note: \*Please refer to [uobam.com.sg](http://uobam.com.sg) for more information on the award categories.

**Important notice & disclaimers:** This document is for general information only. It does not constitute an offer or solicitation to deal in units in the Fund ("Units") or investment advice or recommendation and was prepared without regard to the specific objectives, financial situation or needs of any particular person who may receive it. The information is based on certain assumptions, information and conditions available as at the date of this document and may be subject to change at any time without notice. No representation or promise as to the performance of the Fund or the return on your investment is made. **Past performance of the Fund or UOB Asset Management Ltd ("UOBAM") and any past performance, prediction, projection or forecast of the economic trends or securities market are not necessarily indicative of the future or likely performance of the Fund or UOBAM.** The value of Units and the income from them, if any, may fall as well as rise. Investments in Units involve risks, including the possible loss of the principal amount invested, and are not obligations of, deposits in, or guaranteed or insured by United Overseas Bank Limited ("UOB"), UOBAM, or any of their subsidiaries, associates or affiliates ("UOB Group") or distributors of the Fund. The Fund may use or invest in financial derivative instruments and you should be aware of the risks associated with investments in financial derivative instruments which are described in the Fund's prospectus. The UOB Group may have interests in the Units and may also perform or seek to perform brokering and other investment or securities-related services for the Fund. Investors should read the Fund's prospectus, which is available and may be obtained from UOBAM or any of its appointed agents or distributors, before investing. You may wish to seek advice from a financial adviser before making a commitment to invest in any Units, and in the event that you choose not to do so, you should consider carefully whether the Fund is suitable for you. Applications for Units must be made on the application forms accompanying the Fund's prospectus.

UOB Asset Management Ltd Co. Reg. No.198600120Z | United Overseas Bank Limited Co. Reg. No. 193500026Z



*Can't stop* \*\*\*\*

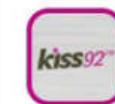


**KISSING**  
STUCK WITH  
**KISS**



**WARM**  
**SWEET**

TUNE IN TO **KISS92**  
FOR YOUR DAILY **KISSES**



GET OUR FREE MOBILE APP  
KISS 92 |

Download on the  
App Store

GET IT ON  
Google play

# Save \$10,000 in four months?

*Yes, you can. Local money experts share some simple ways to get rich*

A n account manager by day and money-savvy blogger by night, Fiona Cher aka Budget Babe, saved \$20,000 just a year after starting work – and she's only 25! Her blog [www.sgbudgetbabe.com](http://www.sgbudgetbabe.com) draws about 80,000 hits per month. To help *The Weekly's* readers end off this year on a financially healthy note, we ask Fiona to spill her secrets for easy, realistic – and doable, money saving tips!



## DETERMINE A BUDGET

Know how much you are spending every month. Then, decide which expenses are necessary and which are not – it will allow you to draw up a realistic budget. As a buffer for emergency spending, Fiona recommends adding 20 per cent more to your budget. She shares, “If your monthly salary is \$4,500, your take-home should come up to \$3,600. Supposing your budget is \$1,500, the additional 20 per cent means you will have about \$1,800 to spend and \$1,800 to save.”

Lim Shiyun, a financial services consultant with AIA Singapore, observes that it is typical for most of her clients to spend at least half of their gross monthly salary. So taking the \$4,500 as an example again, this means that expenditure can go up to \$2,250 – a little beyond the \$1,800 Fiona recommended. “The other 50 per cent can be divided thus: 20 per cent to CPF; and 10 each for savings deposits, insurance plans and investment policies,” she explains.

As for which aspects to cut, Shiyun has a tip: “I encourage my clients to look at how much they’re spending, for example, on their children’s tuition. If they do not observe any significant results, they could consider dropping lessons and spend more bonding time instead.”



# Great Women Of Our Time Series

## SET UP A SYSTEM FOR SAVING

Many banks offer automatic money transfers, so you can determine the amount to put aside for your savings – and have it deducted from your bank account every month.

Another way to save, points out Shiyun, is to set up three bank accounts: One for crediting your salary and spending, one for investment transactions, one for rainy day funds.

## CHECK YOUR EXPENSES

Keep track of what you are spending on and how much. Identifying which areas to cut back on can help speed up your savings. Download a free app like Expense Manager, which Fiona finds especially useful because it allows her to customise her spending categories.

## SKIP THE TAXIS

 Instead of splurging on taxi fare (surcharges for booking, peak hour and ERP can add up to \$30 or more!), take one of the premium SBS buses that ply between various housing estates and Shenton Way. The fares range from a modest \$4 to \$4.50 per trip, and you'll be guaranteed a seat for some extra shut-eye. "Every month, you can expect to save about \$520," Fiona lets on.

## CUT BACK ON GOURMET COFFEE

 A Short Vanilla Latte from Starbucks can set you back by \$5.80. Multiply that by 20 working days and the figure comes up to \$116. If you need a caffeine fix daily, why not take away good ol' kopi from your neighbourhood coffee shop – don't forget to bring a tumbler! At \$1.20 per 250 ml, you'll be paying only \$24 for the same number of days.

## PACK YOUR LUNCH

 If you often have a salad bowl for lunch on weekdays, you're spending about \$12 each time. It's more economical to make your own – it will cost about \$2.50 per portion (depending on ingredients). If you have a salad lunch twice a week, savings could go up to \$76. Or, pack lunch four times a week. Says Fiona, "My office lunch buddy and I would cook for each other on alternate days, and eat out once a week. I must have saved about \$150."

## BUY YOUR OWN DRINKS

 If going for Happy Hour drinks is a regular after-work affair, buy your own alcohol and enjoy it at someone's house. Alcohol is heavily taxed here, so this will help you enjoy liquor in a more wallet-friendly way. **W**



### SAVINGS CALCULATION

#### TOTAL SAVINGS PER MONTH:

\$1,800 + \$520 + \$92  
+ \$226 + \$250 = \$2,888

#### AFTER 4 MONTHS: \$11,552

### So You've Saved \$10,000 – what's next?

Leaving money in your bank savings account is not the be-all and end-all to financial health, says Lim Shiyun, a financial services consultant with AIA Singapore. "The money in the bank earns an interest that cannot hedge against inflation, so it will lose value over time. You must consider your long-term financial goals; for example, how much money do you think is required to retire comfortably? Discuss with a financial planner how you can achieve this target," she elaborates. "Make your money work harder and better for you with one or several investment plans."

## THE WEEKLY'S GREAT WOMEN OF OUR TIME AWARDS ALUMNI SHARE THEIR BEST MONEY TIPS

### SAVE, SAVE, SAVE!

"I spend within my means – I apply this theory in my business too and avoid incurring debts. I also save at least 20 per cent of my monthly earnings." – Valerie Koh Mei Ling, 35, Managing Director, Xi De Li; Great Women of Our Time Awards 2014: Finance & Commerce finalist



### THINK SMALL TO SAVE BIG

"I learnt from my mom to make every cent count. By switching off appliances after use, recycling and reusing, she showed me that the tiniest savings can add up to a substantial amount. And these savings can contribute towards the proverbial rainy day." – Jamie Teo, 37, founder of Twelve Cupcakes; Great Women of Our Time Awards 2014: Finance & Commerce finalist



### DIFFERENTIATE BETWEEN WANTS AND NEEDS

"I come from a poor family – I wore my wealthier relatives' hand-me-downs and sold beer bottles for pocket money. My mother, a housewife, said, 'There's a difference between a want and a need. Save hard for your education instead of new clothes.' Her advice stuck. Instead of buying luxury handbags or clothing, I put my money into stocks and other investments so as to provide for my daughters' education." – Helen Ng, 44, CEO, Lock+Store; Great Women of Our Time Awards 2013: Finance & Commerce winner



### STAY FINANCIALLY INDEPENDENT – EVEN AFTER MARRIAGE

"I am conscious about keeping separate accounts. One account is shared for the household bills, while another is kept private for my own disposable income and savings. This way, I do not have to account for how much I spend and what I want to spend on to anyone, including my husband. I have also been saving 20 to 30 per cent of my disposable income every month." – Elaine Lek, 50, head of global brand Luzerne & Hiap Huat Holdings; Great Women of Our Time Awards 2012: Finance & Commerce finalist



### BE PRUDENT

"My mother, who was an entrepreneur, taught me to be practical and prudent when it came to saving and using money. Through her, I learnt that it's better to help others than to ask others for help, and that it's a blessing to give." – Dr Dora Hoan, 61, group CEO and founder, Best World International; Great Women of Our Time Awards 2014: Finance & Commerce winner & Most Inspiring Woman



### DON'T LIVE ON CREDIT

"I was brought up to appreciate hard work as the only means to money and taught to never spend beyond my means. When I started working, the temptation to splurge on luxuries was huge – sometimes I pampered myself, but never beyond what I could afford. If you have to dramatically change your lifestyle to accommodate your purchases, or worse, depend on credit, it indicates you're living beyond your means and that will wreak havoc on your finances, your relationships and your life." – Esther Loo, 33, marketing manager, Tai Sun (Lim Kee) Food Industries Pte Ltd; Great Women of Our Time Awards 2013: Finance & Commerce finalist

# No Muss, No Fuss

**Take the hassle  
out of renewing  
your domestic  
helper's insurance  
and work permit  
with NTUC Income**



With a growing number of dual-income families in Singapore, foreign domestic helpers are fast becoming an indispensable addition to many households, helping with chores and caring for the children or elderly.

If you have a helper, it might give you greater peace of mind to invest in her well-being. To help, NTUC Income has introduced a personalised service that saves employers the legwork and hassle of insurance and work permit renewals.

## COMPREHENSIVE COVERAGE

NTUC Income's Foreign Maid Insurance offers comprehensive coverage to ensure that your maid is well taken care of. It provides personal accident coverage in the event that your helper is involved in an accident that leads to her death or permanent

disability. Should there be a mishap, she will also be covered for hospital and surgical expenses.

## ONE-STOP PERSONALISED SERVICE

The best part about NTUC Income's Foreign Maid Insurance Plan 4 is that all the necessary paperwork to renew your helper's insurance and work permit will be taken care of by NTUC Income.

With just a phone call, NTUC Income will arrange for a courier to pick up the relevant information and documents from your home at your convenience. You can simply sit back and relax as NTUC Income will handle the paperwork for you.

Once the application has been approved, the policy documents and work permit will be delivered to you via courier, a personalised service that no other insurer currently offers. For more information, visit [www.income.com.sg](http://www.income.com.sg).

Renewal of work permit is done by NTUC Income Employment Agency (licence number: 96C5724).

PHOTO: CORBIS

**PROMOTION** Receive a \$30 shopping voucher with every sign-up of NTUC Income's Foreign Maid Insurance (Plan 3 or Plan 4). Promotion is valid till Dec 31, 2015. Call 6786-5522 and quote "SWW15" to enjoy this promotion. For terms and conditions of the promotion, visit [www.income.com.sg/SWW15](http://www.income.com.sg/SWW15).

**NTUC Income's  
Foreign Maid  
Insurance plan  
takes the legwork  
out of insurance  
and work permit  
renewal for you.**

**1** Submission of  
\$5,000 guarantee  
bond to Ministry of  
Manpower (MOM).

**2** NTUC Income provides  
administrative  
assistance for insurance  
and work permit renewal.

**3** Approved insurance  
documents and  
renewed work permit  
will be couriered to  
your doorstep.

**4** Collection and return  
of expired work permit  
card to MOM.



## “I was, at one point, the most humiliated woman in the world”

*After staying out of the spotlight for a decade, former White House intern Monica Lewinsky shares how she bounced back from the infamous scandal which turned her life upside down*

A lot is different for Monica Lewinsky these days, starting with the fact that, until last year, she had hardly appeared publicly for a decade. Now 42, the former White House intern who had an affair with former US president Bill Clinton in the late 90s, divides her time between New York, Los Angeles and London. Mostly she has embraced a quiet existence: Doing meditation, volunteering, spending time with friends.

But the quiet ended last May, when she wrote an essay for *Vanity Fair* about the aftermath of the infamous affair.

In the essay, which was a finalist for a 2015 National Magazine Award, she declared that the time had come to “burn the beret and bury the blue dress” and “give a purpose to my past”.

That new purpose was twofold: It was about reclaiming her own story – one that had seemed to metastasize – but also to help others who had been similarly humiliated. “What this will cost me,” she wrote, “I will soon find out.”

It hasn’t appeared to cost her, at least not yet. In fact, the opposite has occurred.

### COMING BACK STRONGER

Over the past year, she has made appearances at a benefit hosted by the Norman Mailer Center, at a New York Fashion Week dinner presentation for designer Rachel Comey, at the *Vanity Fair* Oscar party and as her friend Alan Cumming’s date at an after-party for the Golden Globes.

More recently, she took part in an anti-bullying workshop at the Horace Mann School in New York and joined a feminist networking group. (“I consider myself a feminist with a lowercase ‘f,’” she said, “I believe in equality. But I think I’m drawn to the issues more than the movement.”)

Most interestingly, in October, onstage



Monica Lewinsky at the Tony Awards 2015.



**From left:**

- Bill Clinton hugging Monica Lewinsky in 1998.
- A photo taken with Bill Clinton in the Oval Office when Monica's family visited the White House.
- At work in the White House, where their affair began.
- Celebrating Christmas at a White House staff party.

“  
If you had told me a year ago I was going to be delivering a TED talk, I would have laughed in your face... There were times I thought I wouldn't make it... I'm just so grateful  
”

at a Forbes conference, she spoke out for the first time about the digital harassment (or cyberbullying) that has affected everyone from female bloggers to Jennifer Lawrence to herself. “I lost my reputation. I was publicly identified as someone I didn’t recognise. And I lost my sense of self,” she told the crowd.

She just took that declaration one step further on the main stage at TED in Vancouver, British Columbia, in March earlier this year, where she issued a biting cultural critique about humiliation as commodity. The title of her 18-minute talk, which received a raucous standing ovation: “The Price of Shame”.

This is not her first attempt at reinvention. But it’s also not the Monica Lewinsky of over a decade ago: The one who created a handbag line and tried her hand at reality TV.

This iteration is a bundle of contradictions: Warm yet cautious. Open yet guarded. Strong but fragile. She is likable, funny and self-deprecating. She is also acutely intelligent, something for which she doesn’t get much credit. But she is also stuck in a kind of time warp over which she has little control.

At 42, she doesn’t have many of the things that a person her age wants: A permanent residence, an obvious source of income (she won’t comment on her finances), a career path.

She is also worried about being taken advantage of, worried her words will be misconstrued, worried reporters will rehash the past. She is prepared, almost always, for doomsday: The snippet of a quote that might be taken out of context; questions about the Clintons, whom she declines to discuss.

### COURAGE TO SPEAK

This time, Monica appears determined to tell it on her terms. She has a PR agent screening requests and approaches media with caution.

Rehearsals for her TED speech were held at her apartment with her speech coach, Pippa Bateman, on Skype from Britain.

Monica doesn’t have a speechwriter; she wrote the speech herself. She constantly tweaked it, taking advice from journalists, editors, friends, her lawyer, her publicist and her family. By the time she appeared onstage at TED, she was on “Version 24” of her speech.

TED had approached Monica about speaking at the conference after watching her Forbes speech. Kelly Stoetzel, TED’s content director, said, “What makes this story interesting is that people will get to see all the dimensions of Monica, not just the person who was reported on 17 years ago.”

The way Monica tells it, she was “Patient Zero” for the type of Internet shaming now seen regularly. Hers wasn’t the first case ever, but it was the first of its magnitude. Which meant that, virtually overnight, she went from being a private citizen to “a publicly humiliated one”.

Monica was quickly cast by the media as a “little tart” and described in *The New York Times* as “ditsy” and “predatory”.

Experts think that if her story had unfolded today, the digital reality of it would have been worse. “They would have dug up her private photos,” said Danielle Citron, a law professor and the author of *Hate Crimes in Cyberspace*.

### SHE HAS SURVIVED

The night before TED, Monica began a ritual. She lit candles. She set up a table of crystals. She debated which necklace to wear, then ordered dinner and tea. She was in bed by 9.30 pm and up at 5 am; Amy Cuddy, the Harvard researcher whose TED talk on body language clocked nearly 25 million views, met her in the morning. They power-posed together.

“If you had told me a year ago I was going to be delivering a TED talk, I would have laughed in your face,” Monica says. “A year ago...” she chokes up. “It was so, so hard. There were times I thought I wouldn’t make it... I’m just so grateful and surprised.”

When Monica was asked what she hoped to accomplish with a platform like TED, she brought up the David Foster Wallace’s book *Brief Interviews with Hideous Men*. In it, there is a chapter about the story of a girl who has survived abuse.

What the young woman endures is horrific, said Monica, but by going through it, she learns something about herself: That she can survive.

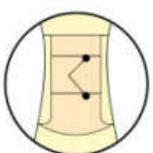
“That’s part of what I thought I could contribute,” she says. “That in someone else’s darkest moment, lodged in their subconscious might be the knowledge that there was someone else who was, at one point in time, the most humiliated person in the world. And that she survived it.” W

# Sanitary Panty



#### Unique Crease Design

Unique Crease Design pulls panty upward from the crotch to haunch and avoid the fluid leaking from side or back caused by body twisting.



#### Unique Positioning Stripes

Double positioning stripes are designed specially for sanitary pads, lining has a width of 7cm that fits perfectly to body curves.

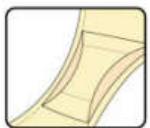


#### Breathable Inner Lining

Crotch special breathable fabric with slim elastic edging on both sides that are breathable and comfortable, easy to wash material.



Available in Guardian and  
Cold Storage



#### Double Liner, Double Protection

Double layers crotch are designed specially for sanitary pads with 90°angle wings to avoid them rubbing against tender skin of the thighs.



[Facebook.com/uucare.sg](https://www.facebook.com/uucare.sg)



[info@uucare.com.sg](mailto:info@uucare.com.sg)

# Keep the *passion alive*

*There are a multitude of romance killers that can make marriage become dull. Here's how you can bring the love back*



**I**t's normal for long-term couples to go through times when the spark seems to have diminished (or died altogether). Often it's a slow process fuelled by various things: Underlying anger and resentment, stresses at work or on the home front, or one or both partners not putting the effort in to make each other feel special.

"The lack of communication is a key problem in any relationship. If you are stressed at work, but don't talk about it, your stress could manifest as irritability. If small problems are routinely swept under the carpet, they could fester and lead to feelings of resentment over time," says Dr Adrian Wang, consultant psychiatrist at Gleneagles Medical Centre.

Another passion killer is if one half of a couple feels unfulfilled, and goes all out in search of fulfilment at the expense of the relationship. For example, if you train for a triathlon 15 hours a week, and this leaves you feeling too tired to spend time with your partner, notes Dr Wang.

"The important thing is to maintain balance. You should also explain your decision to your partner and get his support," explains Dr Wang. "If couples cannot agree on a new pursuit, it is important for both partners to compromise and find a middle ground instead of restricting each other and causing resentment."

Funnily enough, spending too much time together, can backfire. In fact, researchers at Columbia University's Couples Lab in the US tracked hundreds of couples over several years and found that being too close could be just as damaging to a relationship as not being close enough.

Elly Taylor, psychologist and author of *Becoming Us*, agrees. "Staying 'enmeshed'

# Relationships

as a couple might mean having some kind of implicit agreement that you're not going to change or grow. That could mean only socialising with one circle of friends, excluding certain people out of fear or threat to the relationship, or making every decision together."

Happy, passionate relationships are created when we strike a balance between creating an identity as a couple and maintaining who we are as individuals. Doing everything together and shying away from individual experiences may not be healthy for your relationship.

"It is important to do many things together, but respect each other's personal space as well. Individual experiences enable each of you to bring new ideas, experiences and perspectives to the relationship," explains Dr Wang.

Many people think communicating romantic desires to their partner eliminates the element of surprise, where it can actually be quite the opposite. If your relationship needs a passion boost, try these strategies:



TEXT: BAUER SYNDICATION / ADDITIONAL REPORTING: ANNIE TAN & ZARELDA MARIE GOH / PHOTOS: GETTY IMAGES, 123RF.COM

## 1 Do new things

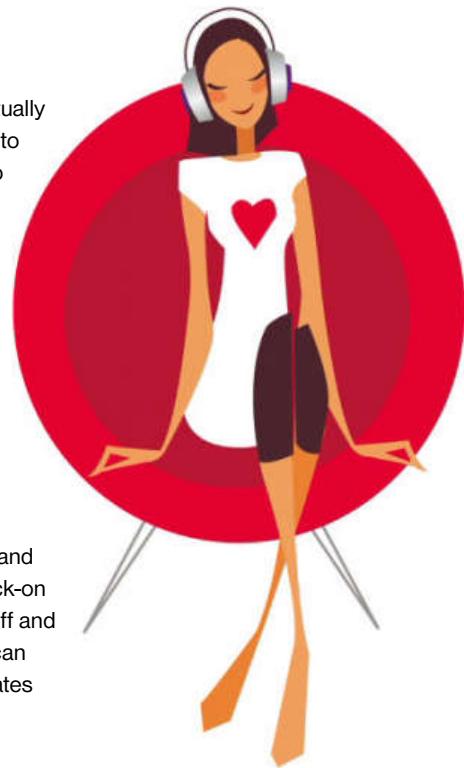
Just like exciting activities, new experiences you share together can also reignite passion. "This prevents you from falling into a routine, and allows you to evolve together," says Dr Wang.

In fact, you don't have to break the bank and travel to Peru or Bolivia. Dr Wang suggests exploring Singapore or discovering new food places such as a much-raved about *tau huay* (beancurd) store in Geylang. You could even take a baking class or pick up a new sport together.

## 2 Take 'me' time

Creating distance can actually make you more attractive to one another, according to a dating study that looked at what's called the "scarcity principle" – or playing a little bit hard to get. Making yourself scarce sometimes, say experts, gives your partner the chance to miss you, so don't do everything together. Choose a hobby or language class or weekend workshop – and plan to have some solo time.

"Distance gives a relationship its edge and freshness, a bit of intrigue and mystery," explains Elly, "and the knock-on effect is more desire. When you go off and have exciting adventures apart, you can come back and share, which invigorates the relationship."



## 3 Make sex fun

Any long-term couple will tell you it takes work to keep passion alive in the bedroom – especially when kids come along and you're overtaken by mum and dad roles. It's important to get back to being friends and lovers, and sometimes turning sex into a game can help. Role play, for example, forces you to tap into your individuality and get out of your comfort zone – which can be hot.

## 4 Stay curious

Do your eyes glaze over when he launches into an anecdote you've heard a million times, or when he tries to tell you about his day? Dr Wang warns that such disinterested and dismissive behaviour may hurt your relationship.

"People grow and evolve, and you should make allowances for that. Never make the assumption that your partner has nothing new to say. Even if you have heard the story before, be patient and practise active listening – make eye contact, and ask new questions about old anecdotes," he suggests.

We all change over the years but if you stay curious, you'll get new insights into who your partner is, which can inject new passion and excitement into the relationship.



## 5 Scare yourselves

A study published in the *Journal of Personality and Social Psychology* found that when couples did scary activities they wouldn't normally do – like riding on roller-coasters or watching horror movies – it boosted brain chemicals associated with desire. The more exciting the activity, the bigger the boost.

"Good feelings create good memories. So if you do exciting things with your partner, you will associate this feeling of excitement with him. These good memories may help you to weather rough patches in your relationship. It doesn't have to be anything drastic such as bungee jumping. Travelling together is a good option," says Dr Wang.

## 6 Don't assume

All couples suffer 'communication gaps' and in long-term relationships we can fall into the trap of interpreting our partner's actions through our own filter. That's because the closer you are, the more you assume, says Elly. "Assumptions can really affect relationships. We need to get into the habit of asking open-ended questions of our partner, such as 'Let me know what you think about that' or 'This is how I feel about X, how do you feel?' Asking such questions allows for the differences between you," she explains. **W**



## A Weekend Romance

Even a short staycation can help rekindle your love. Here's one hotel that's got our vote

Going on a staycation ever so often is a great way to spend quality time with your husband. And if you're looking for a new hotel to visit, try the recently revamped Park Regis Singapore. The hotel has everything you'd want in a romantic getaway. The guest rooms are cosy and its beds are oh-so-comfortable, thanks to their thick foam toppers, hypoallergenic pillows and luxurious 100 per cent Egyptian cotton bed linen. There's good food – the melt-in-your-mouth Royal Smoked Duck (*pictured right*) from Cantonese restaurant Royal Pavilion is a must-try. Plus Park Regis is located within walking distance of Clarke Quay and Boat Quay.

For ultimate privacy, we suggest booking the Regis Room as it is spacious, and comes with a balcony and dining area for two. There are only six available (and only three have a balcony). Opt for the one on the seventh level, the top floor. If you prefer to book an all-in-one package, choose the "Come Back to Sunrise and Sunset" package, available till the end of the year. It includes a stay at the Quay Room (it has direct access to the pool) and a sunset cruise along the Singapore River, amongst other things. For more information, visit [www.parkregissingapore.com/hot-deals](http://www.parkregissingapore.com/hot-deals).



### BONUS VIDEO!

Look inside the Regis Room at Park Regis Singapore.

# One Stop Maid Service

## TRANSFER MAIDS ready for interview

Highly qualified experienced maids, live-in caregivers & nurses experienced in handling elderly & children who require long term care/medical attention & trained in first-aid and CPR.



**MAIDS**



- English, Mandarin & Dialect speaking
- Experienced in children and elderly care
- Experienced in cooking and house work
- Wide selection of biodata

### Other Services

- Passport Renewal
- Work Permit Renewal
- Home Leave Processing
- Maid Insurance



**NURSES**



**CAREGIVERS**

Applicants looking for employer are welcome to register.

**6268-5522**



**6253-1395**

**APEX**

[www.apexhr.sg](http://www.apexhr.sg)

Lic No.: 12C5760 / 12C5717

Apex Employment Agency Pte Ltd  
#09-01 Far East Shopping Centre

Apex Human Resource Pte Ltd  
#03-05 Rocca Balestier  
Balestier Road

# MAXIMISE YOUR CHILD'S POTENTIAL



A well-rounded approach is key to nurturing a child's mental, physical and emotional well-being. From fun ways to get active and turn play into lifelong learning, to brain-boosting eats and style tips, find all you need in this parenting special.



**HAPPY.  
SMART.  
CONFIDENT.**

Tips to bring up well-rounded kids



**ON TREND**  
Style your mini-mes  
in the latest (mini)-  
celeb looks

**BONDING  
TIME**  
Cool things  
to do together  
as a family



## How to raise **HAPPY**!

*We all want our kids to lead joyful lives. Here, experts weigh in on how parents can ensure just that at each of junior's life stages*

**O**nce there was a father who gave up everything to move his family from Vietnam to Canada so his two children would not need to work as hard as he did. In return, he wanted them to excel at their studies, get into the top colleges and secure high-paying jobs.

His eldest daughter, Jennifer, did well in elementary school and was a decent ice skater. But when she was snubbed for the place of valedictorian in eighth grade (13 years old), she stopped dedicating herself to her studies and let her grades slide. Eventually, she didn't even graduate from high school. But her parents never knew. They thought that she had graduated with a pharmacology degree from the prestigious University of Toronto – because she had forged straight-A report cards through high school and a straight-A university transcript.

Eventually, when her parents found out the truth, they grounded her (they didn't even discover the full extent of her deceit). Jennifer retaliated by hiring three hitmen to kill her parents at gunpoint. Now 28, she is serving her life sentence without the chance of parole until she turns 49.

What on earth had gone wrong?

In common scenarios, parents with one or two kids per household typically spend their weekends engaging their children in tuition and enrichment programmes, to make sure that they don't fall behind, says Kumaraesan Subramaniam, General Manager of Asian International College. "Sometimes, this alternative display of affection might backfire as they could guilt trip the child to perform well academically and socially, in order to live up to their parents' expectations."



TEXT: RACHEL CHAN / PHOTO: 123RF.COM

"Subsequently, the incapability or inadequacy to live up to their parents' expectations - or peer pressure, might cause the kid to be sullen and slowly defy their parents, as they start to doubt the genuineness of their parents' love," he says.

It doesn't take an expert to point out that it is far easier to meet the physical needs of our children than their emotional needs - which begs the question: Are we really all that well connected to our children?

The key to raising happy children lies not just in parents connecting with them, but teaching them to connect well to the collective, says Associate Professor Paulin Straughan, who teaches sociology at the Faculty of Arts and Social Sciences at the National University of Singapore (NUS).

"Too often, we send the wrong messages

to our children. We try to make them little warriors, to beat other children at competitions, to win everything in order to survive. In doing that, we are telling them: 'You can do everything alone.' This is not the right message," she says.

Too little emphasis is given to cohesiveness and moulding a socially interactive child, she laments. A happy child, she says, is a socially resilient child who is equipped with the life skills he or she needs to connect with people, and are able to find a meaningful role and space within society to fit in.

"To do that, you need to teach children how to nurture relationships. You need to know your kids' friends... When you grow a people-centric child, you don't have to worry - no matter what challenges they face, they will have the tenacity and soft skills that endear them to others who can support them," Assoc Prof Straughan explains.

The first few years of a child's life can be especially challenging for new parents, but there are ways to cope. Emeritus Professor Marjory Ebbeck, Director of the Centre for Research and Best Practices at NTUC's SEED Institute (which trains early childhood professionals), recommends breastfeeding infants for optimal nutrition, and that parents respond to all of baby's cues (if possible) - this is critical in brain development during the first year, and it comforts infants when they cry (as opposed to letting them cry it out).

When having to deal with difficult behaviour in a preschooler, consistent, patient, calm responses from parents are important, she maintains. "Independence reaches a peak at about two years of age and a favourite word is 'no'. Parents should not make a big issue out of temper tantrums - instead, use techniques of distraction, and speak quietly to the child... Try to not get angry if a child's behaviour is annoying," she advises.

"A common trap that parents of affluent societies fall into is the practice of using too many material possessions - such as the latest plastic toys or gadgets, to satisfy their needs," says Prof Ebbeck. Technology, especially, has proven to be a popular babysitter, with even infants watching videos on mobile phones instead of playing with a rattle, observes Lin Yanyan, principal of preschool Learning Vision @ Nanyang Technological University.

"The result is that children will have less patience and a shorter attention span... Instead of building a relationship with their parents, the children will think of them as merely the provider of entertainment," she says.

The rule of thumb in dispensing technology to young ones, says Prof Ebbeck, is to avoid using smartphones or tablet devices

## The Weekly's mummies share their bonding tips

### ■ Give each child individual attention

"Each of my kids have their own 'thing' with me: Logan, eight, is curious about the world, so we have daily discussions on the way home from school. Travis, seven, is my 'jogging buddy', and we pack his lunchbox together nightly. Cameron, five, is 'mummy's little helper' - he accompanies me on most of my errands. I hope this practice of 'alone time' with each child helps in building a strong bedrock for my relationships with them." -

**Features Editor**  
**Candy Lim**



### ■ Find common ground with your pre-teen

"My son Xavier is now 13, and it is becoming harder to get him to join me in the activities that we used to enjoy together, such as brisk walking at Bishan Park and breakfast at McDonald's. Now, we bond over cooking on Sundays. He will either wash the rice or chop garlic or onions. We listen to music as we prep and cook, so he will introduce the music he enjoys to me, while I show him how to cook a simple meal." -

**Senior Designer**  
**Christina Lim**



### ■ Show love and affection

"I like to throw my three boys, aged two, four and six, on my queen size bed, smother them with kisses and tickles, and tell them how much I love them. On weekends, we do this several times a day and just roll around in bed for 15 minutes, me telling them how beautiful they are and they telling me all about their favourite toys and games." -

**Features Writer**  
**Sylvia Ong**



as babysitters, and completely avoiding these for children under the age of two – as recommended by the American Society of Paediatrics and the National Association for the Education of Young Children. “For children aged three to four, they should spend no more than one to two hours a day manipulating or watching IT gadgets,” she recommends, “All children need reasonable limits.”

And when it comes to enforcing discipline, Prof Ebbeck reminds parents to “always reassure your child you love him or her, but not the ‘bad’ behaviour.”

The hardest time, says Assoc Prof Straughan, is adolescence, when a child starts negotiating his or her adulthood boundaries. Nevertheless, parents should start laying the groundwork as early as possible.

Unfortunately, there is no shortcut – parents need to spend time conversing with their kids, says Assoc Prof Straughan, 52, who has two sons, aged 23 and 20. “The whole idea that ‘quality time trumps quantity’ is a myth that we tell ourselves to make us feel better for messing up,” she shares candidly.

So should working mums quit their jobs en masse to look after their kids? That’s not realistic, she admits.

Instead, Assoc Prof Straughan suggests parents negotiate for more flexible working arrangements whenever possible. For example, could your job allow you to leave the office after lunch to spend the afternoon with your kids, and then continue working from home after dinner, when the kids are in bed? “If possible, pick up your child from school, because that’s the time they pour out all their problems to you. You create this familiarity whereby mum or dad is the first person he offloads to, so that they get used to telling you anything, and won’t feel awkward about sharing. You need to work to gain your child’s trust,” she advises.

For local families without flexible work arrangements, many also turn to employing reliable domestic help as an alternative. “A domestic helper can help to relieve parents of their household chores, giving them more time to spend with the kids,” shares Ivy Tan, director of Apex Human Resource, a company that specialises in recruitment of domestic helpers, and trains caregivers and nurses for nursing homes as well. “With more time to relax and less chores to stress over, the parent-child relationship benefits and strengthens.”

Parents should not let lost opportunities with their children accumulate, warns Assoc Prof Straughan. “There will be a day when your child will stop listening. When they go into their teenage years, you will lose influence completely if you’re not even there in the first place.” **W**

## FUN WITH JUNIOR

Kelvin Ang, daddy blogger at [www.cheekiemonkie.net](http://www.cheekiemonkie.net), shares his ideas for family bonding

### 1. Get Vertical

Climb, hang, swing, slide, run and jump around this vertical playground with your kids called a Wallholla. Encased in a three-storey high metal grid cage, the Wallholla is made up of undulating ribbon-like layers. Suitable for children aged five to 12, kids can walk on the wavy layers at some points, or scale them at others. As they navigate their way through the cage, some surfaces change to become rope mesh or simply gaps. Parents on the lean side can join in the fun too. At Cambridge Estate, Bishan Junction 8 level 3, block 158 Bishan Street 13, Jalan Mengkudu and Ang Mo Kio Ave 2.



Made up of undulating ribbon-like layers, this Wallholla is suitable for children aged five to 12, and big enough to hold 30 children at once.



The Battleship Playground comes complete with gun turrets, smoke stacks, propellers and even a rudder!

### 2. Man Your Battle Stations

The Battleship Playground is predominantly made of wood and comes complete with gun turrets, smoke stacks, propellers and even a rudder. To scale onboard, there are three entry points. The first is by climbing up a rock wall, the second is via a rope ladder and the third is through an escape hatch at the side of the ship. Designed for children between six and 12 years old, younger children may find it a bit more difficult (and intimidating) to scale the rope ladders to go up onto the decks. Once up, expect more crawling and climbing to get to the slides. The front part of the Battleship is a hollow structure with tilting platforms for kids to demonstrate their agility. At Sembawang Park, located at the end of Sembawang Road.



Children Little Museum (located at 42 Bussorah Street) is filled with yesteryear toys.

### 3. Visit Farm Animals For Free

Visit Farmart Centre at 67 Sungai Tengah Road, on weekends, and get up close with farm animals such as goats, bull frogs, tortoises, rabbits, birds, fish and hamsters at the Weekend Animal Farm Corner. Farmart Centre houses a collection of shops, a farmers’ market, petting zoo and food outlets serving local fare. On weekends, the animals are all free to visit but if your kids wish to feed the farm animals as well as the koi in the Koi Pond, food is available for purchase at \$5 per bundle of animal feed. Visit [farmart.com.sg](http://farmart.com.sg).



At Farmart Centre, kids can get up close with their little furry friends.

### 4. Revisit The Past

Reminisce your childhood days with junior at Children Little Museum, a quaint gallery located at 42 Bussorah Street. There’s an interactive barber shop display, a mock-up of an old-school classroom, and a vintage mamak shop outside the museum selling *tikam-tikam* stuff from yesteryear. Plus, toys you’ll want to play together with your kids. Open every day from 11 am to 9 pm.

For more fun and family-friendly recommendations, check out Kelvin’s book, *Got Kids Go Where?*, \$16.90 (excl GST), from Popular bookstores, or online at [www.armourpublishing.com](http://armourpublishing.com).

# Smart Feed

*Kickstart junior's well-being with a good daily dose of essential DHA*

As a parent you only want the best for your children. But many of us tend to overlook how necessary DHA, an omega-3 fatty acid, is for our little ones' mental and physical well-being.

A study from the **University of Oxford** has found that increasing the daily **DHA intake to 600 mg** can lead to children having 58 minutes more quality sleep every night – important for their physical growth and mental development.

## The Right Formula

Some fatty fish and meats are loaded with DHA, but picky eating, unbalanced eating habits and allergies may result in children rarely consuming these foods.

With **BIOGLAN®** Kids Smart Advanced DHA Learning Formula, you can now easily nail down your nipper's nutritional intake.

Suitable for kids five years of age and older, these super-yummy orange-flavoured chewable capsules are packed with two essential omega-3 fatty acids – DHA and EPA (which boosts immunity). Each capsule is formulated with **600 mg of DHA**, the recommended dosage from the **University of Oxford** study. The capsules also do not contain added sugar, artificial colours, preservative, gluten or lactose.

Best of all, kids will enjoy eating them, as the burstlets come without any fishy smell or taste. Just two capsules a day will ensure your mini-me meets his daily nutritional intake.



## JUST FOR YOU!

Head down to any *Guardian* store and you can buy **BIOGLAN®** Kids Smart Advanced DHA Learning Formula for the special price of

**\$26.90**  
(UP \$29.90)

\*Valid till November 4, 2015.



**Little Doodlers**

**Little Crafters**

**Book EXPLORERS**

**Master Artists**

At Da Little Arts School, art is a wonderful way for self-exploration and expression for children. We offer creative courses for children from 18 months onwards

Rochester Mall      Ngee Ann City

**Da Little Arts School**



New Preschool at  
Ngee Ann City  
for 18 months to 6 years

Our mission is to provide quality education to the early years without a hefty price tag attached to it.

6235 5993  
[www.dalittleschool.com.sg](http://www.dalittleschool.com.sg)



# A Star is born

---

*You want your child to be exceptional, but how do you make that happen and ensure that they're happy?*

---

**I**t was a balmy morning, perfect for a swim in the pool at the hotel where Michelle Wen and her young family were staying. Her then-five-year-old son, Max Lee, eyed the water with trepidation and doubt, even as his mother strapped him into an inflatable vest. Despite her cajoling and threatening, Max made it clear that he was not going to take a dip.

Michelle was furious and disappointed, but continued to bring Max to the hotel pool every morning. He would sit by the side, observing the guests who swam with ease. On the third morning, however, Max told his mum that he was ready. "He took off his inflatable vest, jumped into the pool and swam to the other end in one breath. I was surprised," she recalls.

Michelle took that as a sign, and enrolled him in the APS Swim School, founded by Singapore's ex-national swimmer, Ang Peng Siong.

"I make it a point to develop his athletic abilities. As the Chinese saying goes, you should educate someone according to his strengths," says Michelle, 34, a stay-at-home mum to Max, and his brother Tyler, four, who is also taking lessons at APS Swim School.

That belief, as well as Max's efforts, has paid off. Today, seven-year-old Max, a primary two student at St. Joseph's Institution Junior, is part of the Aquatic Performance Swim Club, which grooms swimmers for competitive events. A few months ago, he was also handpicked to train for synchronised springboard diving. His array of trophies attests to his abilities – last year

# Raise A Future Genius



and earlier this year, he beat the older primary three boys when he took part in his school's swimming carnival.

Max makes sacrifices to hone excellence. On Tuesday, Wednesday, Thursday, Friday and Sunday, he is at the pool from 6.30 pm to 8.30 pm. On Mondays, he has private tennis lessons. These activities are on top of having tuition after school three times a week. Max gets only a maximum of 15 minutes of television a day – a short breather he's allowed to take while mum cooks his dinner.

Does he ever complain about having to work so hard? Shares Michelle, "He does tell me sometimes that he's tired, or that his muscles are aching. It pains me but sometimes I pretend not to hear him, or I say, 'Bear with it for a while and it will be okay.' I am tough on him because I want him to grow up to be tough."

As families get smaller, the pressure is on for parents like Michelle to produce offspring who are exceptional. The trick is understanding the difference between nurturing a talent and creating a monster.

Intelligence is not fixed at birth, says Tara McGowan, headteacher at Lorna Whiston, "All children should be given the same opportunities as 'gifted' children to develop their higher order thinking skills in order to flourish."

It requires a lot of wisdom to know when to push a child and when to hold back, adds sociology associate professor Paulin Tay Straughan, who is also vice-dean of international relations and special duties at the Faculty of Arts and Social Sciences of the National University of Singapore. "It all comes down to knowing your child. Sometimes, you know that your child is not there yet and requires nudging, but sometimes, the target may be too far for him to reach – and that's when you should apply caution," she says.

Another exceptional child is Gelyn Ong, 11, who made the news when she debuted her bold, expressive acrylic paintings on canvas, at a solo exhibition at age six. But her mum, Genii Koh, bristles when people call her a "prodigy".

"It's too big a word," she insists. "Gelyn

paints because she enjoys it. It's her hobby. If she were a prodigy, she wouldn't even need to go for art classes," says Genii, a stay-at-home-mum in her 40s to Gelyn, Giselle, five, and Gelise, four. Genii recently left her eight-year-long career as brand manager for a Swiss watch group to spend more time with her children, as well as prepare Gelyn, who is a primary five pupil at Nanyang Primary School, for her Primary Six Leaving Examinations.

That said, she is proud of the fact that Gelyn has raised close to \$700,000 for charity, from auctions at her three art exhibitions, sales of her book *The Forest Fable*, as well as other events.

Gelyn's love affair with art started when she was a toddler, Genii shared. The child was fond of doodling in a sketchbook, which she carried around with her. But the idea that she truly had a gift only dawned upon her parents at about age five, when her art teacher said that Gelyn showed promise, and when family friends who were art collectors asked to buy her paintings.

Encouraged, the Ongs decided to hold their first charity art exhibition, which catapulted Gelyn into the media spotlight. Yet, despite Gelyn's apparent affinity with art, Genii's first priority for her is academic performance, Genii reveals candidly. "Producing art is based on inspiration," she shares, "One day, when she's a teenager, she might no longer like art anymore. I am preparing for that day."

Indeed, the day that junior stops being enthusiastic about a hobby is the day parents should stop pushing him or her in that direction, says Prof Straughan, who advocates a child-centric approach. "It's very important to ask the child: How far are you willing to go to

## HOW TO HELP YOUR KIDS

★ "Engage children in activities which require higher order thinking skills, such as analysing, synthesising and evaluating," says Tara McGovern, Headteacher at Lorna Whiston. "Provide opportunities to experience a variety of books and newspapers. Take them on field trips, and play games like chess or Scrabble."

★ "Allow children to pursue their own interests. Don't suffocate them by over-scheduling and stifling independent thinking," Tara advises. "Encourage the art of negotiation." She adds, "Nurture your child's talents indirectly, using fun and interactive methods to stimulate the child's interest."

★ Avoid comparisons. Paulin Tay Straughan, a sociology professor at National University of Singapore, shares, "If your child doesn't turn out to be 'gifted', don't despair and don't compare him with others. This will hurt his feelings."



BROUGHT TO YOU BY



# From PARENTS to PARTNERS

At My First Skool, parents and teachers collaborate closely to help your child achieve his/her maximum potential



**S**tudies show that parental involvement is a better predictor of a child's academic performance, than the qualities of the school a child attends. Shares Emeritus Professor Marjory Ebbeck, Director of the Centre for Research and Best Practices at NTUC's SEED Institute, "Parents know far more about a child than any teacher will ever know. As a parent, you've made an emotional commitment to

your children, and have a lifelong interest in their welfare – while teachers sometimes only work with students for a year. Parent-teacher sharing is vital for collaborative support."

Parental involvement can be weaved into daily life in varying forms – whether it's a simple question about your child's day at school, the daily routine of checking and signing off on homework completion, or volunteering for school activities such as field trip participation, your involvement as

a parent, not only positively affects student achievement, it also contributes to higher quality education.

## Working Together

My First Skool believes in recognising and nurturing every aspect of a child's development, and does so by working hand-in-hand with parents. For example, every child is given a communication book to facilitate regular communication between teachers and parents. And if your child is a student at My First Skool, you'll be invited to attend parental workshops run by early childhood professionals, where you can pick up parenting tips to support your child's learning. During twice-yearly parent-teacher conferences, you'll meet up with teachers to discuss changes in your child's readiness skills, which can open a dialogue about her strengths and any areas of concern.



These kids learnt to bake cupcakes at a parent-directed baking class!

## EASY WAYS TO ENGAGE YOUR KIDS

"To think that parental responsibility ends when the child reaches the school door is a false belief," says Emeritus Professor Marjory Ebbeck, Director of the Centre for Research and Best Practices at NTUC's SEED Institute, "It's important for parents to share and know what's happening." She shares some easy ways for you to stay connected with your little ones:



Parents, teachers and kids celebrating SG50 together.

- ★ Help your kids to develop their love of reading by reading to them whenever you have time. This helps to cultivate their love for books, followed by the desire to learn to read independently.

- ★ Listen to your children and respond to their questions. Rather than talk at them, engage them in two-way conversations.

- ★ Involve your children in the shopping – ask them to look for grocery items in the supermarket. Engage them further by letting them write the shopping list.

## Be An Active Partner

As parents, you not only play a role in your child's academic education, but share the load with teacher-counterparts to develop healthy and well-adjusted individuals. Respect, honesty, compassion and other internal strengths are first modeled and taught in the home, so how you build two-way communication with teachers also sets a path for your child's learning.

To register your child at My First Skool or find out more, call 6509 7887 or visit [www.myfirstskool.com](http://www.myfirstskool.com).

# Raise A Future Genius



Jessica Baughman



invest in this talent? If he stops having fun, then (the extra-curricular lessons) should stop," she says.

In a nation where education is a billion-dollar business and parents fork out thousands of dollars for Gifted Education Programme preparatory classes, the notion of hothousing a kid so that he can be among the top one or two per cent of his cohort is commonplace. But more important than being "brilliant" is that junior is a good person, and develops the social tenacity required of a well-adjusted adult, says Prof Straughan. She cautions, "What good is it for a child to be good at just one thing, but is socially inept?"

Model-actor-dancer Jessica Baughman, 10, appears to be a champion all-rounder.

Since primary one, Jessica has consistently come in first and second in class. She does ballet, jazz, tap and drums, spending seven hours a week on dance-related classes, and 11 hours a week during months leading to

competitions (she participates in two major dance competitions annually). She models and acts about twice a month.

Jessica's mum, Callin Ong, 46, a freelance music teacher, humbly attributes Jessica's achievements to nurture, and not nature. She has been sending Jessica to music and movement classes from infancy, Shichida classes since she was a toddler, and MPM Math enrichment classes as a preschooler.

Far from feeling too stressed out, Jessica says that modelling relieves her pressure from school. "I once asked her if she feels that she does not have enough playtime. She said that modelling is playing," Callin explains.

If a child is truly gifted, all the more parents should make a conscious effort to nurture their social and emotional well-being. Genii, who shared that Gelyn's artwork is focused on charity, is aware of that. She says, "Only a happy child can generate a good piece of artwork." W

## TIPS FROM "TIGER MUM" AMY CHUA

★ "Help children develop their own opinions and views by engaging them in debate on current affairs and moral dilemmas from a young age."

★ "Pay attention to each child's personality."

★ "Expose your children to art and ask them how they feel and think when they look at a piece of artwork."

★ "Tell your children that they should never not do something because they are afraid of failing."

Amy Chua's memoir *Battle Hymn Of The Tiger Mother*, \$13.86, is available from [www.kinokuniya.com.sg](http://www.kinokuniya.com.sg).



## A HEALTHY KID IS A HAPPY KID!

Boost your kids' immunity with these handy helpers



### POWER UP ON VITAMIN C

Every 200 ml of Ribena drink more than fully meets a child's daily vitamin C requirement. At \$7.70 (1 L) and \$13.60 (2 L), from all supermarkets.

### HELP YOUR GUT Vitagen Less Sugar

Sugar is the only cultured milk in Singapore with both Prebiotics and Probiotics. At \$3.05 (5-pack), from all leading supermarkets.



### BERRY FUN Bioglan Kids Smart Immunity

Black Elderberry Extract is packed full of elderberry, vitamin C, zinc and honey. From \$19.90, at Guardian and Robinsons.



**MITE BUST** With a UV-Light, a powerful vacuum motor and a HEPA Filter, the Philips Mite Cleaner efficiently removes dust and mites from soft surfaces. At \$299, from major electrical stores.



**KEEP CLEAN** QV Kids Wash, \$24.10 (350 g), and Moisturising Cream, \$14.60 (100 g), cleanse and protect young, sensitive skin prone to dryness and itchiness. Available at selected pharmacies.

## KAWAII BENTO

Award-winning bento artist Shirley Wong, aka Little Miss Bento, is well-known for her adorable bento and food creations on her blog and social media channels. You can purchase her cookbooks, *Kawaii Bento* and *Kawaii Deco Sushi*, at \$32 (excl GST) each, from all major bookstores.



## BONUS VIDEO

Check out our digital edition to see Shirley prepare a pretty bento your kids will love!

# DON'T LET the bugs bite

Sleep tight now – the Philips Mite Cleaning Vacuum Cleaner FC6232 effectively and safely removes dust and mites from your sofa and bed



**I**t's a hair-raising fact: Around 100,000 to 10 million dust mites share your bed. In fact studies show that up to a third of your pillow's weight could be made up of bugs, dead skin, dust mites and their faeces. Dust mites are microscopic spiders that feed on dead skin cells. They live in dark, damp environments like your mattresses, pillows and sofa. Although they are so tiny that you can't see them, they cause your allergic reactions such as asthma, eczema and rhinitis.

Luckily, there's an easy way to get rid of them. The Philips Mite Cleaning Vacuum Cleaner FC6232 removes dust and mites,

whether on the sofa, bed or pillows. Its high speed vibrating pads moves at 3,600 revolutions per minute (more efficient than smacking the mattress) to loosen dirt and dust from within the soft surfaces, which would then be sucked in through the suction vent by the powerful 450 W vacuum.

Inside the machine, a HEPA 12 filter captures up to 99.5 per cent of fine dust particles before filtering out clean air. To increase its potency, the Philips Mite Cleaning Vacuum Cleaner FC6232 comes with a Philips UV light which also helps to kill dust mites that lurk in your bed and home.

## DUST BUSTER

Philips Mite Cleaning Vacuum Cleaner FC6232 has these great features to help create an allergy-free home

- Three cleaning modes to remove dust and mites from all soft surfaces
- HEPA 12 filter captures 99.5 per cent fine dust
- An easy-to-operate dust container makes disposal of dust simple and hygienic
- Warning signal to ensure dust container is correctly placed
- Comes with a small brush to keep the cleaner clean
- Five-metre long cord for wider accessibility

PHILIPS MITE CLEANING VACUUM CLEANER FC6232, \$299, IS AVAILABLE FROM MAJOR ELECTRONIC STORES.



# “SO YOUR CHILD WANTS TO BE A...”

There's something for him, no matter what his interests or aspirations are



## MUSICIAN

### Mozart In The Making

Attend Soft Wolfgang or Soft Amadeus classes with your preschooler. Instructors use an innovative digital piano curriculum from the Russian School of Music to teach solfeggio and piano to toddlers as young as two years old. Visit [www.musikalgenesis.com.sg](http://www.musikalgenesis.com.sg) for more information.

## Musical Spaceship

This electronic musical device works like a theremin. A light sensor inside the UFO's dome senses the changing light level as you move your hand above it, changing the sound. The Musical UFO kit from Thames and Kosmos is great for kids age eight and above.

At \$34.90, from Hamleys.



## Be A Star

Suitable for children from three to eight, players can control the music and match the moves on this colourful dance mat. Friends, siblings and parents can join in the fun, too. At \$60.90, from Hamleys.

## Make Big Music

Play the xylophone, accordion or the guitar on the Gigantic Piano Playmat, which has real musical keys. Great for children between five and eight. At \$124.90, from Hamleys.



## Play The Ukulele!

This two-hour workshop held in conjunction with Esplanade's *Octoburst!* promises to have beginners strumming catchy ditties on the Hawaiian guitar in no time. Parents even get to write a song with their kids. For children aged seven and above. At \$28 per adult and child pair, on October 10. Visit [www.esplanade.com](http://www.esplanade.com) for more information.



## ARTIST

### Go Art Jamming

Bond with your child over an art jamming session and let rip your creativity on canvas at Arteastiq, a social painting studio with a therapeutic setting. Call their new outlet at Plaza Singapura (6336 0952) or Mandarin Gallery (6235 8705) to schedule a three-hour session. For \$48, you get a 50 x 50 canvas, unlimited acrylic paint, sponges, brushes, paint palette, plus a free beverage!

## Back To Basics

Help your little ones discover their inner artist at Da Little School's Da Tots class, which encourages the exploration of various kinesthetic art activities. Here, mums and toddlers bond over their first brush with art, in a relaxed and creative setting.



## ACTOR

### Creative Act

Catch I Theatre's re-invented production of *The Enormous Turnip*, showing from November 21 to December 6. Songs, puppetry and theatre magic bring alive the story of a tiny mouse who will be the missing chink in pulling a giant turnip out of the ground. Tickets at \$32, from Sistic.

## Mandarin Whiz

Let your kids' creative juices flow at The Theatre Practice. Whether your kids are four to six, seven to nine or 10 to 12, there

Call 6235 5993 to sign up or visit [www.dalittleschool.com.sg](http://www.dalittleschool.com.sg) for more information.

## Roll Out The Dough

Kiddies can create their favourite farm scenes over and over again with this box of goodies, which contains five pots of 3 oz dough, one dough machine, one spatula, a selection of seven people and animal moulds, one truck roller and one playcard. At \$37.90, from Hamleys.



## Potty For Pottery

Blogger Kelvin Ang of [www.cheekiemonkie.net](http://www.cheekiemonkie.net) highly recommends the hands-on pottery sessions at Thow Kwang Industry, home to one of the last surviving dragon kilns in



Singapore, located at 85 Lorong Tawas. Kids will love creating pots on

the pottery wheel before firing them in the kiln. Sessions are typically conducted during weekends and public holidays, and start from \$28 for 1.5 hours. Visit [www.facebook.com/tkpotteryjungle](http://www.facebook.com/tkpotteryjungle) for more information.

is a course catering to each age group, to encourage articulation and expression in Mandarin. Visit [en.practice.org.sg](http://en.practice.org.sg) for more information.

## Let's Role-play

At KidsStop, children can role-play as construction workers, palaeontologists, pilots, chefs and supermarket cashiers in themed hands-on activities. Programmes are designed to promote parent-child bonding. Entry costs \$5 per child (aged 18 months to eight years old) and \$2 per adult. Visit [www.kidsstop.edu.sg](http://www.kidsstop.edu.sg) for more information.

# Nothing should come between you and your baby



## Parenting experts agree that nothing can replace a skin-skin bond.

Close skin-to-skin contact is crucial to the bonding process between a mother and baby. From the moment your baby is born, regular skin- to- skin contact means they're happier, calmer and able to breathe more naturally.<sup>1</sup>

## Because nothing should come between you and your baby.

Choosing products that are delicate on the skin is important. That's why our QV Baby range is free from soap, fragrance and other common irritants. It's a pure and gentle way to cleanse and moisturise perfectly new skin every day.

Bath time is also a great opportunity to promote skin-to-skin contact and communicate love to a little one. As touch is one of the main forms of communication between a parent and baby, it is crucial to the bonding process.

The best form of touch is close skin-to-skin contact, so after bathing, moisturise your baby's skin with QV Baby Cream as part of a massage routine. Baby massage is a great way to help build this bond, and benefits include helping to develop healthy sleep patterns, improving circulation and aiding digestive function.

Make the most of this special bonding time with our QV Baby Range with daily skincare routines and baby massage. Here are two of our best products and some excellent reasons why you should try them.

**QV Baby Bath Oil** is a water dispersible formula that helps restore the skin's natural suppleness and healthy glow and is gentle enough for everyday use on new skin.

### BENEFITS

- Clear, non-greasy formula hydrates and moisturises large areas of dry or sensitive skin.
- Suitable for use with scaly skin, winter itch, dermatitis, atopic eczema, psoriasis and other dry dermatological conditions.
- Low-irritant formulation, free from fragrance, colour, lanolin and propylene glycol.



**QV Baby Cream** is a highly concentrated formula which helps relieve dryness and seals in the natural moisture.

### BENEFITS

- Helps to seal in natural moisture by acting as a protective barrier.
- pH balanced low-irritant formulation, free from fragrance, colour, lanolin and propylene glycol.
- Suitable for use on areas with eczema, dermatitis, psoriasis and sensitive skin.
- Helps protect against dryness



- ✓ 24 hour moisturising<sup>†</sup>
- ✓ Free from fragrance, colour, lanolin and other common irritants
- ✓ Formulated for baby's delicate skin

QV Baby is available in Guardian, selected hospital pharmacies and clinics. For more information, call Ego Pharmaceuticals Singapore Pte Ltd. Tel: +65-6562 7755

**ego**  
the science  
of healthy skin™  
[www.egopharm.com](http://www.egopharm.com)

**QV every day. Where beautiful skin begins.**

<sup>1</sup> Neeman, J. 2009. The Importance of Skin to Skin Contact. Viewed 6 May 2013: <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3112212/>

\*Claim applies to some and not all products.



Originally developed for  
Queen Victoria Hospital

A Feature by Ego Pharmaceuticals.

# Raise A Future Genius



## CHEF

### Become A Super Chef

Equip your child with real survival skills at Camp Asia's Super Chef camps. Kids train with Head Chef Tim Ong, and they get to taste whatever they create. Topics are updated every season. At \$695 per child. Visit [www.campasia.asia/campasia-camps/superchef.html](http://www.campasia.asia/campasia-camps/superchef.html) for more information.

### Bond Over Baking

Learn how to make cookie pops, Oreo mini cakes, ham and cheese scones and confetti push pops at Genius R Us in October. At \$45 per child per session, or \$75 per parent and child pair. Visit [www.geniusrus.com](http://www.geniusrus.com).

### Scary Food

Expat Kitchen is holding a Kids Halloween Cooking Soiree on October 17, where kids will make severed finger cookies, butter eye balls, mummified sausages and graveyard cupcakes. At \$55 per child. Email [admin@expat-kitchen.com](mailto:admin@expat-kitchen.com) or call 6299 4221.



## LINGUIST

### Become A Lifelong Reader

The MindChamps Reading Program is developed by early childhood literacy experts to help instil a lifelong love for reading within your child. It cultivates literacy skills and provides the essential tools so as to prepare three to seven-year-olds to handle the academic rigours of primary school. Call 8332 0020 or visit [www.mindchamps.org](http://www.mindchamps.org) for more information.



## ATHLETE

### Play Basketball Without A Court

The Moovnco 160 cm Adjustable Basketball Set is great for developing coordination skills in kids three years and above. Lightweight and portable, you can take it anywhere and store it away with ease. At \$75.90, from Hamleys.

### Go For A Gallop

Bring your kids for a casual pony ride, or sign them up for equestrian lessons at Gallop Stable, which has three locations: Turf Club Road, 900 Punggol Road and Pasir Ris Green. Visit [www.gallopstable.com](http://www.gallopstable.com) for more information.

### Tee Off

Get junior to start practising so that he can join you on the green. Made for kids four and above, this colourful Moovnco Golf Set is a great way to motivate your child to hone those coordination and concentration skills. At \$49.90, from Hamleys.



## Get Sporty

Expose your kids to multiple sports at Camp Asia's Sport Stars camp, which is designed to develop and improve your child's skills in soccer, basketball, swimming and tennis. They won't just pick up new techniques, but will learn the importance of teamwork, sportsmanship and nurture a respect for competitive spirit. At \$625 per child. Visit [www.campasia.asia](http://www.campasia.asia).

### Bend It Like Beckham

ESPZEN Soccer School is serious about whipping kiddies into pros. It has quality training facilities and employs internationally qualified coaches and the latest coaching ideas, while conditioning each camp to the developmental age of the participants. Rates start at \$44 for a two-hour session. Call 6325 9386 or visit [soccerschool.espzen.com](http://soccerschool.espzen.com) for more information.



### Learn To Write Effectively

The MindChamps Writing Program will develop your child's passion to engage with the English language and his ability to write effectively in many different genres and styles. Six to eight-year-olds will study language enhancement and story building. Call 8332 0020 or visit [www.mindchamps.org](http://www.mindchamps.org) for more information.



## Know Your ABCs

Teach 18-month-old tots their ABCs with the Hamleys ABC Board, a fun puzzle board with bright colours and chunky pieces. At \$49.90, from Hamleys.



### I Speak A Little French

Attend Alliance Francaise's Pre-Zouzous immersive French lessons with your toddler aged 12 to 24 months – a perfect bonding opportunity for the two of you. Prices start at \$220 per child per session. Visit [www.alliancefrancaise.org.sg](http://www.alliancefrancaise.org.sg).

### Pick A Jar Of Pickled Peppers

Speech practice is fun with Weber Articulation Cards, which are brightly coloured and come with recommendations for a variety of activities to reinforce language development, listening and memory skills. At US\$104.65, from [www.superduperinc.com](http://www.superduperinc.com).

# Gentle as a mother's touch.



- ✓ 24 hour moisturising†
- ✓ Free from fragrance, colour, lanolin and other common irritants
- ✓ Formulated for baby's delicate skin



**Lifetime.**  
StarHub TV Ch 514



The Greatest Cooking Show is Finally in Asia.



# MasterChef ASIA

Thursdays 9pm. Only on Lifetime.

Website: [msn.com/MasterChefAsia](http://msn.com/MasterChefAsia)

# Little STYLE STARS

These celebs might still be kids, but they are trendsetters in their own right. Use their style as inspiration when dressing up your little ones



**Who:**  
**Maximilian & Emme Anthony**

**Parents:**  
**Jennifer Lopez & Marc Anthony**

The youngest faces of Gucci's UNICEF campaign, J. Lo's seven-year-old twins are always seen strutting down town in casual, sporty wear when they're not taking over the red carpet with their gorgeous mother.



**Who:**  
**Honor Marie & Haven Garner Warren**

**Parents:**  
**Jessica Alba & Cash Warren**

Jessica Alba's adorable mini-mes, Honor Marie, seven, and Haven Garner, four, are a picture of summer perfection. Echoing their beautiful mother, they rock street chic effortlessly like the little fashionistas they are. Think girly frocks, colourful floral prints and cute little sliders to match.



# Raise A Future Genius



**Who:**

**North West**

**Parents:**

**Kim Kardashian & Kanye West**

Oozing with high-street style is little North, whose everyday basics comprise of biker jackets and tulle skirts. Just like a mini replica of her sassy mum Kim, she always seems to be dressed to the nines and ever ready for paparazzi shots.



Shoes, \$69, from Clarks.

**Who:**

**Prince George**

**Parents:**

**Prince William & Kate Middleton**

Rumour has it that this little prince is a style inspiration for the Kardashians Kids line. Frequently decked out in blue, Prince George is a royal vision in preppy polo shirts and overalls. We can't help but swoon over how he works his everyday looks just like how a professional model would. Talk about young and talented!

## CLOSE TO HOME Little style stars in Singapore we currently adore



**Bubu, child of Tjin Lee @tjinlee**

Founder of Singapore Fashion Week Tjin Lee's son Bubu has swagger written all over his daily outfits.



**Zola Mae, child of Aarika Lee @aarikalee**

Daughter of local musician Aarika Lee, Zola shows us how everyday casual can look effortlessly chic.



**Aly, child of Jamie Yeo @iamjamieyeo**

Television host and presenter Jamie Yeo's little daughter Aly is usually seen in pink and frilly dresses, accompanied by her gorgeous locks.

TEXT: JANICE SIM & ELIZABETH LIUW / PHOTOS: CORBIS, REX, SPLASH NEWS / INSTAGRAM SCREENGRABS: @TJINLEE, @AARIKALEE, @IAMJAMIEYEOL

# Two Of A Kind

You and your little ones can now deck out in matching clothes from Uniqlo's adults and kids apparel

## Huddle Up

### POCKETABLE PARKA

Rain or shine, Uniqlo's Pocketable Parka protects you and your kids. Made of polyester, it repels water to keep you dry on wet days. This lightweight parka can also be used to block out harmful UV rays for the women's version. For safe travelling at night, the kid's version includes reflector lights that glows in the dark. What's more, this sporty parka folds and fits easily into your child's school bag and your handbag.



*Girl's Pocketable Parka, \$39.90, from Uniqlo.*



*Boy's Sweat Full Zip Long Sleeve Hoodie, \$29.90, from Uniqlo.*



*Boy's Sweat Full Zip Long Sleeve Hoodie, \$29.90, from Uniqlo.*



*Women's Disney Project Graphic T-shirt, \$24.90; Women's Smart Shape Jeans, \$59.90, both from Uniqlo.*

*Girl's Disney Project Graphic T-shirt, \$14.90; Girl's Skinny fit Jeans, \$29.90, both from Uniqlo.*

## Weekend Casual

During the weekends, nothing feels more comfortable than jeans and a T-shirt. Look towards Uniqlo's stylish denim selection to dress you and your children. Choose Uniqlo's Slim Fit Jeans for kids, which gives ample leg room for active little ones to run around in. If your daughter prefers a more streamlined cut, go for the Skinny Fit Jeans. And for you, Uniqlo's Smart Shape Jeans skims your silhouette by hugging your waistline and lifting your curves. Dads can also join in the fun with the whole family in matching Mickey and Minnie Mouse T-shirts from Uniqlo.



# ELIMINATE ECZEMA IN THE SHOWER

Clinically tested to improve eczema, dry and itchy skin, and further attested by the Korea Atopy Association

- Penetrates deeply into the pores, delivering a greater amount of oxygen into the skin to keep it moisturised and hydrated
- Soothes dry, itchy skin
- Eliminates bacteria at a sterilisation rate of up to 99.9%
- Removes skin wastes from inside follicles
- Gets rid of dead skin cells without abrasive scrubbing or harsh chemicals - leaving skin refreshed and subtle
- Allows skincare serum and hair loss control products to infuse faster and accelerate their results
- Generates an abundance of negative ions that are widely credited to enhance the immune system, slow down ageing, speed up skin's recovery process, and reduce fatigue

SEC Lifestyle Pte Ltd, 1 Pemimpin Drive, #07-09  
One Pemimpin Singapore 576151. Call 6659 7890,  
Mon - Fri (10am to 5pm),  
or visit [www.secstyle.com.sg](http://www.secstyle.com.sg) for more information

Available at head office,  
1 Pemimpin Drive, and  
Household Department,  
B1, Takashimaya  
Department Store

**SEC®**  
**Lifestyle**

# Indulge

## INDUSTRIAL ACTION



Achieve that covetable modern New York loft appeal with the right furniture



**HIGH AND MIGHTY** Simple, no-frills design and a gunmetal finish to provide comfort at a countertop bar. Whoppie bar chair, \$230.05, from Comfort Design.

### TAKE A SEAT

Boasting an exposed timber frame and cast iron legs, this sofa is built on traditional, earthy values yet fits into any modern decor. Armstrong sofa, \$11,964, from DREAM.

**IT'S TIME** This no-nonsense, practical clock is made with walnut veneer on engineered wood to last. Ryder 19.5" wall clock, \$149.95, from Crate & Barrel.

### SERVES YOU RIGHT

A timeless iron cart features oversized spoke wheels and two sustainable mango wood trays that can be lifted out of the frame. Porter bar cart, \$779, from CB2.

# Let there be light

Whether you want cosy or fancy, a flattering lighting design can pump up any room's ambience

## DOWNLIGHTS

Downlights should be used sparingly because they don't create mood. They can be necessary when you want to highlight artwork, furniture or a feature wall without it being too bright.



## SIDE LAMPS

These are great for adding detail and creating a mood in the living or common areas. Plus, they can be used as a reading light when placed next to the bed or on the study desk.



## WALL LIGHTS

Use them on a textured wall to enhance the details and on plain walls to offer a gentle cast. However, wall lights are ineffective as task lighting – you can't read under a wall light.



## PENDANT LIGHTS

They are good as mood lights and can be hung at any height, and can also be used as task lighting over a dining table. Best in the centre of a bedroom or bathroom and used sparingly.



When it comes to renovating, the lighting plan is often left to the last minute. But did you know that a well-considered lighting plan not only brightens your home but also enhances its decor? Here are the basic types of lights to get you started.



## Cushy cushions

to brighten up your home



Deer cushion, \$29, from Comfort Design.



Zeebra turquoise cushion, \$10.90, from FortyTwo.



Tomahawk pillow, \$26, from Cluster-Cluster.

## VICTORIA BECKHAM

"My husband David is passionate about cleanliness and loves housework. He vacuums in straight lines and wears a pinafore!"



## SENIORS FIRST

If you live with any elderslies, consider installing an emergency alert system like the ADT Care Alert. It comes with four easy-to-use devices which will alert you and call for an ambulance if granny falls. Visit [www.adt.com.sg](http://www.adt.com.sg).

## HOT ON TOP

What the latest top load washing machine can do differently

- Cold wash only.
- Mono-directional rotation.
- Inefficient cleaning performance as compared to a front load washer.
- Dirt and lint tend to accumulate in the grooves of the tub, which is hard to reach.



- The only top loader in Singapore that warms water up to 60°C. This temperature is fabric-safe, and cleans dirt and stains from your clothes effectively. The machine is tested to kill up to 95 per cent of germs.
- It comes with six different motions to mimic manual washing techniques such as rubbing, compressing, rotating and swinging. Its Direct Drive motor is guarded with a 10-year manufacturer warranty.
- Its jet spray, TurboShot, drenches the tub effectively yet gently as a centrifugal wave force takes place within the cavity. It's like taking a bath and shower at the same time but using 27 per cent less water, 20 per cent less energy, and less time.

# 3 EASY WAYS TO A HEALTHIER HEART

*Take charge of your health with  
these simple lifestyle changes*

## 1 MASTER THE ART OF WELL-BEING

Thinking positive may help lower the risk of heart disease. In fact, laughter has been shown to boost the immune system as it stimulates circulation and releases endorphins, giving you that good, relaxed feeling.

## 2 GO FOR GOOD FATS

Foods high in saturated fat and trans fat can lead to high cholesterol. However, not all fats are bad for you. Monounsaturated and polyunsaturated fats are healthy fats as they do not raise the "bad" LDL cholesterol. You'll find monounsaturated fats in canola and olive oils, and various types of nuts.

Sunflower oil is a great source of polyunsaturated fats. But as fats have 120 calories per tablespoon, you'll still need to practise moderation.

## 3 SUPPORT YOUR HEART

As we grow older, our organs start to work less optimally. DHA has been shown to help slow down the deterioration of organ function, so it's as important for adults as it is for children. Besides being important for healthy eyes and the brain, DHA is a key component of the heart as it plays a role in maintaining normal triglyceride levels and blood pressure. It is an essential omega-3 fatty acid which the body cannot make for itself.



## PLAY IT SMART FOR YOUR HEART

Paying attention to what you eat is one of the major cornerstones of keeping your heart healthy. Naturel Spread with DHA is specially formulated with DHA to meet your daily needs:

- Plant-Based DHA • Omega-3 & 6
- Cholesterol Free



Besides Naturel Spread with DHA, Naturel, the #1 brand in Singapore\*, offers a range of cholesterol-free soft margarine and spreads to meet today's healthy eating lifestyle. Choose from (from left) Naturel Soft Margarine, Naturel Reduced Salt Margarine, Naturel Reduced Fat Spread and Naturel Olive Spread.

\*AC Nielsen Retail Index Advisor (Singapore) 2014 - Edible Oil & Margarine Categories

**DID YOU KNOW?**  
DHA has been shown to help slow down the deterioration of organ function, so it's as important for adults as it is for children.

BROUGHT TO YOU BY TEFAL

# Dust-Free Zone

For a machine with the power to clean your home from top to bottom, and not wake the baby (or neighbours) up, look to the Tefal Silence Force Multi-Cyclonic vacuum cleaner

**T**hanks to a clever design and smart technology, the new Tefal Silence Force Multi-Cyclonic vacuum cleaner proves to be one of the most powerful and quietest bagless cylinder cleaner on the market. Made in France, this vacuum cleaner boasts the power of an army and swoops up to 99.98 per cent of dust in your home. Its low-noise motor is specially designed to work silently, so you can vacuum and hear your smartphone beep, listen to some music, or while the rest of the family is sleeping!



## JUST FOR SWW READERS!

Experience the strong and silent Tefal Silence Force Multi-Cyclonic vacuum cleaner for yourself. Register at [www.tefal-home.com/demo.php](http://www.tefal-home.com/demo.php), quote "SWW Demo", and indicate your preferred time and date. A Tefal rep will meet you at your nearest electrical store. What's more, you'll receive a free handheld vacuum cleaner when you purchase the Silence Force Multi-Cyclonic vacuum cleaner during the demo.

### IT'S THOUGHTFUL

For a silent vacuum cleaner, the Tefal Silence Force Multi-Cyclonic still packs a powerful punch. It uses only 750 watts, but cleans as if it is powered by 2,100 watts. As it works, it creates "mini twisters" within its chambers to expel dust and fine particles into the dust canister, and won't clog up the filter – ensuring optimum performance in the long haul. In fact, the Tefal Silence Force Multi-Cyclonic proves it's performed well in rigorous tests and can withstand up to 10 years with constant, intensive use.

### IT'S MULTI-PURPOSE

The Tefal Silence Force Multi-Cyclonic has plenty to shout about when it comes to making housework easier. It has an ergonomic handle with power switches for easy manoeuvring and control, and an Easy Brush that's attached to the stick for convenient removal of dust and dirt on furniture. Plus, it comes with tools to reach and clean everywhere: A Maxi Turbo Brush to effectively remove pet hair; a Delta Parquet Nozzle, a triangular head to fit nicely into corners; and a Crevice Brush for hard-to-reach spots.

### IT'S HYGIENIC

As if all this isn't enough, emptying the dust canister is a cinch. The Tefal Silence Force Multi-Cyclonic boasts a Clean Express Ergo System which lets you detach the dust container, flip open the lid and empty it straight into the trash bin. You don't have to touch the dirty contents.



Tefal Silence Force Multi-Cyclonic bagless vacuum cleaner TW8356 is available at major electronic stores and selected department stores.

# Tefal



NEED A POWERFUL AND  
SILENT VACUUM CLEANER?

### Silence Force Multi-Cyclonic

The only Multi-Cyclonic vacuum cleaner that combines extreme performance  
and an unmatched level of silence.\*\*

It now comes with



[www.tefal-home.com](http://www.tefal-home.com) | TefalSingapore

\*Valid for all Tefal products purchase from 1 Jul 2015. \*\*According to IEC 60312-1, among the multi-cyclonic vacuum cleaners in Europe (September 2014)

# MESSY NO MORE!

*Space-starved rooms. Out-of-control kitchens. Floor strewn with kids toys. Take control with these smart solutions that help you get organised*

BY SYLVIA ONG

## 1 Flexi work arrangement

Install a modular shelving system that can be changed and updated anytime. You can even add a foldable dining table, and use the area as a kitchen or study – your choice! String System from Grafunkt.



## 2 The right tone

With its cheery blue upholstery, this ottoman has a lot more personality and use than your basic footrest. Bonus: Its sturdy cushion frame serves as an extra seat or side table when separated, and pockets at the side stash your remote controls. Stash Aqua Storage Ottoman, \$359, from Crate & Barrel.



## 3

### Green peace

Fresh houseplants add all-year interest to tables and shelves. Pot them in industrial chic jars for an up-to-date look. These uniquely designed terrariums come with a tiny door opening and suits small potted plants and cacti. Diamond and/or Honeycomb terrarium jar, \$60 each, from Cluster-Cluster.com.



## 4 Double duty

This genius steam convection oven lets you bake, grill, microwave and even steam! Its Flat & Wide Interior is now 45 per cent larger than previous models so you can bake large cakes or party platters. Panasonic EcoNavi Inverter Pure Turbo Steam Oven (NN-CS894), \$1,599, from major department stores.



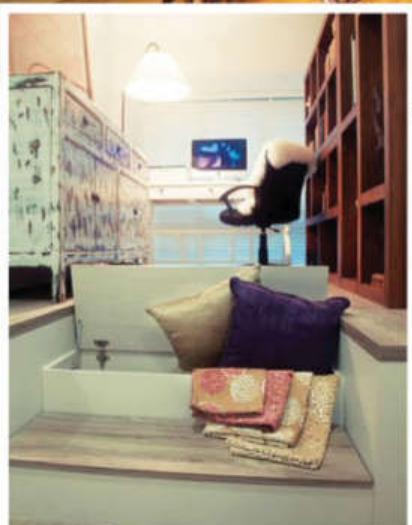
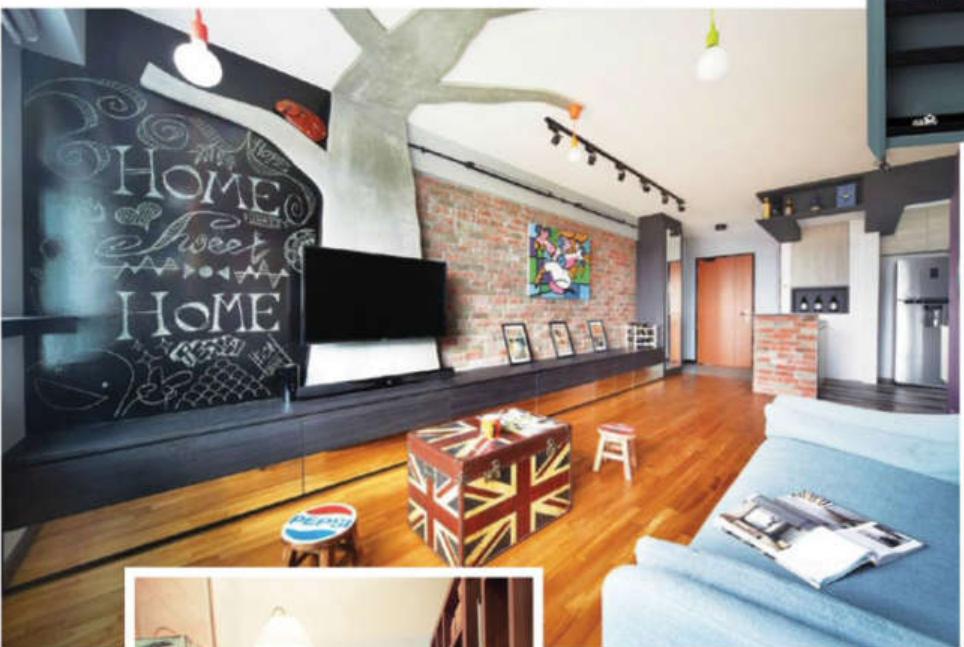
## 5 Go to bed

There's no hint this custom headboard hides a cabinet. "The owners of this four-room HDB flat store cosmetics and skincare in the pull-out cabinet of this headboard, saving the need of a dresser to take up extra space," explains principal designer Arjan Nijen Twilhaar of Aiden.T.



## 6 Mystery drawers

Can you spot a long row of drawers in this living room? Instead of interrupting its sleek lines, the custom-built drawers in this HDB flat are outfitted with mirrors to create an open atmosphere. "The mirrors give a 'floating' illusion, offering storage space without the bulkiness of cabinets. They also help bounce light around, making the space feel airier," says interior designer Leon Luo from Free Space Intent.



## 8 Shoes, shoes, shoes

**Problem:**  
Finding space to store our kids' shoes.  
**Solution:** Use this shoe wheel which lets you stock up to 20 pairs of children's shoes. It becomes a snappy mobile shoe box that even playful kids will love to use. Rakkido shoe wheel, \$119, from HipVan.



## 7 Step on it

If you lack closet space, a custom-built platform with storage underneath can be helpful. "We created storage space under the platform and used the steps as additional storage," says Arjan.



## 9 Upon reflection

Short on space in the bathroom? Choose this "hide and slide" mirrored square that conceals your jewellery and makeup. Vertical panels on either side slide out to reveal pegs and scooped ledges and adjustable shelves. The large mirror gives the illusion of larger proportions. SAIC Valet Jewelry Cabinet with mirror, \$489, from CB2.



## 10 Shelve the idea

Does a messy shelf frustrate you? Try a multi-functional design – this shelf, constructed out of two separate pieces, can be used as a large L-shape corner storage or split into two compact ones. Cornerblock, \$1,712, from Grafunkt.

11

## Deck the halls

Make cupboards and cabinets artful as well as functional. In this three-bedroom condominium, the decor was inspired by travel. "The TV console was designed in the shape of a map while the colourful cabinets are also decorative," says ID Alvin Ling, design director of The Scientist.



12

## Dress up

A stylish remedy for tossing your clothes and bags at after a long day, this chair is perfect for accessories. Its small drawer fits watches comfortably. Use the high rungs for T-shirts or towels; or dangle necklaces from the tip-tops. Valet Chair, \$570, from Grafunkt.



14

## Slim and sweet

It's a lifesaver when your living room is small and you don't want to have a bulky coffee table to cramp up the area. This ultra-affordable wooden table has high sides to keep items from tipping over. You can also remove the tray for serving.

MARYD Tray table, \$99, from IKEA.

15

## Double up

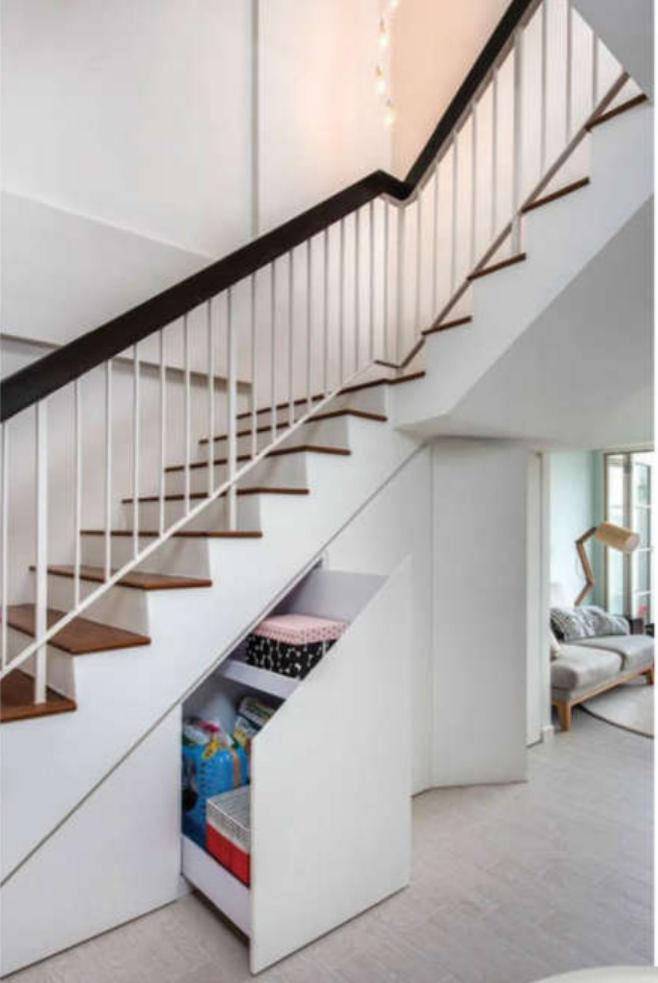
Turn paper clutter into a statement piece with this tell-it-like-it-is side rack. It's versatile and minimalist, and perfect to section a double duty room. Its dual sides give you plenty of space to keep your daily newspapers and favourite magazines. Anthem Partition Rack, \$475, from Ki-mono.net.

13

## Looks and fills good

The bold, geometric pattern of this coffee table makes for a dazzling display in the living room. The best part? It also houses your personal belongings, toys and magazines. Cupid coffee table, \$549, from Castlery.





## 16 Step by step

One of the oldest trick in the book is to transform dead zones under stairs into a functional space. "Originally, this HDB maisonette flat at Yishun had a mini store room with very low headroom under its stairs. We replaced it with large, deep drawers so the owners can easily access their items. There's less to clean this way," says Mark Chen from Artistroom.



## 18

### Eat in front of the TV

If your living room table is your de facto dining area, you may like this coffee table, which transforms into a dining table with a simple lift-and-slide. You don't have to remove anything on the surface, plus, there's storage. Harrison Coffee Table, \$448.33, from Comfort Design.



## 19 Sink deeper

There's no reason why the cupboard beneath the kitchen sink should be left empty. You can buy adjustable racks to store bulky detergent bottles. This one has 10 adjustable shelves that slide easily to fit around pipes, and can expand to max out space inside cupboards. Expandable Undersink Organiser, \$44.95, from Howards Storage World.

## 17 Cord-less

Untidy tangles of cord is an eye sore that we have to live with. But this simple bedside table has got your ugly tech stuff covered. See the hole in the base of the cavity? It's sized to fit your cables so your smartphone and gadgets gets charged without heating up as you sleep. SANDHAUG Bedside table, \$99, from IKEA.



## 20

### Look higher

This clever rack ensures even the smallest service yard gets some much-needed storage space. The metal version has adjustable shelves to fit your laundry detergents, basket of pegs, and even dry towels. Plus, it doesn't require tools to assemble. Easybuild Over Washer Kit, \$194.99, from Howards Storage World. **W**



### DIGITAL BONUS

Get four more extra storage ideas, exclusively in our digital edition.



# RICE REVOLUTION

Tefal rice cookers have sphere-shaped inner pots to steam rice the good ol' fashion way that even Grandma will fancy

Rice is a staple of Asian diet and is eaten daily to supply a major proportion of your energy and nutritional needs. Family elders say the best kind of rice is lovingly boiled in a cast-iron pot over a coal stove. But once they see how easy it is for Tefal's rice cookers to whip up a steamy bowl of fluffy, tasty rice that's as delicious, they'll pass right by the old times.

## Spherical Pot Technology

Tefal's new range of rice cookers are thoughtfully crafted down to the last detail. Their ability to produce evenly cooked rice all the time lies in an exclusive Spherical Pot Technology that's inspired by conventional methods of cooking rice over the fire. Unlike a typical inner pot, Tefal's inner pots are precisely orbited at a 62 degree angle at the brim and bottom to promote even heat distribution by swirling grains in a circular fashion instead of vertically. That way, rice emerge ample, shiny, aromatic, and tastes naturally sweet.



Tefal's Spherical Pot Technology is available in three models



**Tefal Pro Rice Cooker**  
• Induction heating with 3D spherical heating  
• 48 cooking programmes



**Tefal Optimal Rice Cooker**  
• 3D spherical heating  
• 35 cooking programmes



**Tefal Advanced Rice Cooker**  
• 2D spherical heating  
• 10 cooking programmes

## Plenty Of Uses

Tefal's rice cookers are ideal for Jasmine, Japanese, brown, Basmati, or glutinous rice. They have versatile functions and can bake a cake, rise bread, cook porridge, claypot rice and more. The inner pots are dishwasher-safe. What's more, the rice cookers come with a tried-and-true recipe book and up to 48 menu programmes to make meal preparation simple and satisfying for you.

**Tefal**

EXCLUSIVE  
TECHNOLOGY

# Spherical Pot Series for Delicious Rice



Innovative  
spherical pot  
technology.



6/7-layer durable  
spherical pot.  
Non-stick & nano ultra  
resistant coating.



Keep warm  
for up to  
24 hours.



Sets to your  
schedule. Rice is  
ready when  
you need it.



Valid for all  
Tefal products  
purchase from  
1 July 2015.



Spherical pot for perfect texture and taste...  
just like traditional cooking.

Available at leading electrical chain stores, major departmental stores and selected hypermarkets. Check instore for more details.

 **TefalSingapore**

## The Induction Moment

If you're looking to change your stove top and want to know how an induction hob will benefit you. Consider this:



**■ SO GOOD LOOKING** They're sleek and sexy, and so easy to wipe clean.

**■ ENERGY SAVING** Although they may cost more, they'll save you money in the long term as they're very energy efficient. Busy mums who don't have much time to wait at the stove will also appreciate that induction hobs take a much quicker time to heat up. On average, induction heats up in 4 min 46 s, while gas takes 8 mins 18 s to heat up.

*Looking for a quality induction hob for your kitchen? Try Brandt's induction hobs which are made with highly-resistant Vitroceramic glass that can withstand temperatures up to 750 C. Visit [www.brandt.com.sg](http://www.brandt.com.sg) for more information.*



### AUDRA'S 3 KITCHEN MUST-HAVES

We asked *MasterChef Asia* judge Audra Morrice for her must-have ingredients

**1. Microherbs** "They elevate your dish, making it interesting and also imparting a subtle fragrance."



**2. Radish** "Baby radishes, with red on the outside and white on the inside, can help make a dish quite beautiful."



**3. Crispy Shallots** "When these are cooked until they are really nice and golden, they add a different texture."



*\*MasterChef Asia is on every Thursday night at 9 pm on Lifetime (Starhub TV Ch 514).*

**■ GREAT FOR BAKERS** If you do plenty of charring and aim for that *wok hei* (Chinese stir-fry taste) in your dishes, the induction may not be for you. However, if you bake a lot, and play a lot with chocolate, the induction hob allows you to melt chocolate on stove without a bain marie.

**■ FLAME FREE** There is no open flame, and doesn't heat up the whole kitchen as a gas top would – so the kitchen stays cooler.

### 3 Things We Love This Month

New supermarket finds to make eating at home healthier



Yuzu is fast becoming a fridge staple, and no wonder. It's a refreshing thirst-quencher. Marigold Peel Fresh Select

Yuzu, which comes direct from Kochi Prefecture in Japan, is delightfully citrusy with a subtle floral aroma. Try adding a dash to your vinaigrette! At \$1.30 (250 ml).



Can instant noodles be healthy? It looks like it! Prima Taste's range of LaMian noodles are made with 51 per cent superfine wholegrain flour, and have been steamed, not fried. In Laksa and Curry flavours, at \$12.20 (pack of four).



Perfect for lunch wraps or as pizza bases, Mission Foods new 6 Grain Wrap is a nutritious addition to the pantry. Made with wholesome ingredients, you can cut it into smaller slices, brush on olive oil and bake in oven for homemade chips! At \$5.35.



**This Dyson DC62 cordless vacuum is engineered  
to remove harmful dust and allergens.**



**So these don't have to.**

Unlike traditional cleaning methods that leave dust behind in the home, the Dyson DC62 cordless vacuum uses powerful 2 Tier Radial™ cyclone technology combined with the Dyson digital motor V6, to capture harmful dust and allergens securely in the bin.



To learn more about our technology, visit the Dyson store at:

BEST DENKI  
Big Box  
Courts  
Gain City

Harvey Norman  
Mega Discount Store  
Parisilk

Robinsons  
Takashimaya  
Tangs

**dyson**  
[www.dyson.com.sg](http://www.dyson.com.sg)

## Coq Au Vin

Prep & Cook 2 hours 40 mins / Serves 4

**1/4 cup plain flour**  
**1/2 tsp salt**  
**1/4 tsp ground white pepper**  
**1.2 kg chicken pieces (leg, thigh, wings)**  
**1 tbsp olive oil**  
**150 g speck, cut into batons (or bacon, cut into strips)**  
**20 small pickling onions or spring onions, peeled, trimmed**  
**300 g button mushrooms, sliced**  
**2 cloves garlic, chopped**  
**1 tsp fresh thyme leaves, chopped finely**  
**1 tbsp tomato paste**  
**1½ tbsps brandy**  
**1½ cups red wine**  
**1 bay leaf**

1. Preheat oven to 140 C. Combine flour, salt and pepper in a large bowl. Coat chicken pieces thoroughly in the flour.
2. Add olive oil to a large heavy-based pan over medium-high heat. Add chicken and brown on all sides. Remove the chicken and set aside.
3. Add the speck to the same pan and cook for about 1 min or until browned lightly. Add onions, mushroom, garlic and thyme; cook for 3-4 mins or until softened and fragrant.
4. Add tomato paste and cook, stirring, for 1 min. Pour brandy into pan, followed by red wine. Bring to the boil, then return chicken pieces to pan. Add bay leaf. Cover with a tight-fitting lid or double layer of foil and bake for 1½ hours. Remove lid; cook for a further 30 mins.
5. If the sauce is too thin, you may remove the chicken pieces and turn the oven up to 180 C. Cook sauce, uncovered for another 10-15 mins before returning chicken to pot.
6. Serve with crusty bread or mashed potatoes and green vegetables, if desired.

# One-Pot DINNERS

*Keeping weeknight dinners simple is a priority for busy families. Try these one-pot meals which reduce the mess*





## Beef & Beer Stew

Prep & Cook 2 hours 20 mins / Serves 6-8

**1/3 cup plain flour  
1 tsp salt  
1/2 tsp freshly ground black pepper  
1.6 kg shin beef (gravy beef), cut in 4-cm pieces  
2 tbsps olive oil  
2 medium onions, cut into wedges  
2 large carrots, chopped coarsely  
3 sticks celery, chopped coarsely  
1 1/2 cups beer  
4 cups beef stock  
1 bay leaf  
1 cup pearl barley**

1. Preheat oven to 160 C. Combine flour,

salt and pepper in a large bowl. Toss beef in the seasoned flour.

2. Heat half the oil in a large heavy-based casserole over medium-high heat. Brown half the beef thoroughly and remove to a bowl. Repeat with the other half of the beef.
3. Add onions, carrots and celery to the pan and cook, stirring, until they start to brown lightly. Return beef to the pan along with any excess flour. Add beef, beer stock, bay leaf and barley, and bring to the boil.
4. Transfer to oven, cover with a tight-fitting lid and bake casserole for about 2 hours or until the barley is plump and the beef falls apart with a fork.

## Fragrant Lamb & Rice

Prep & Cook 1 hour / Serves 4

**800 g lamb leg steak, chopped coarsely**

**½ cup slivered almonds**

**2 tbsps olive oil**

**2 medium brown onions, chopped finely**

**2 cloves garlic, chopped finely**

**2 tps garam masala**

**2 tps ground turmeric**

**1 cup basmati rice**

**6 small curry leaves**

**400 g can chopped tomatoes**

**2 cups beef stock**

**¼ cup coriander leaves**

**Yoghurt, to serve**

1. In a food processor, process the lamb to a coarse mince.
2. Heat a large non-stick fry pan (with lid) over medium-high heat and add the almonds. Toast until light golden brown and remove from pan.
3. Add 1 tbsp of oil to the same pan. Add the lamb; cook, stirring until browned. Remove from the pan.
4. Reduce the heat to medium and add the remaining oil to the pan. Cook the onions and garlic for 1-2 mins or until soft and fragrant. Add the garam

masala, turmeric and uncooked rice, and stir for a further 1 min.

5. Add the curry leaves, tomatoes and beef stock. Increase the heat to high and bring to the boil. Cook, covered, over medium-low heat, stirring occasionally, for 6 mins or until all the liquid has absorbed and the rice is just cooked. You may need to stir constantly in the last few minutes as the lamb dries out. The dish is ready when it is quite dry. Remove from heat and stand, covered, for about 10 mins or until rice is tender.
6. Serve scattered with the almonds and coriander leaves, and yoghurt on the side.





## Spicy Sausage Tray Bake

Prep & Cook 55 mins / Serves 4

2 large brown onions, sliced

12 Italian sausages

4 medium chat potatoes,  
cut into wedges

½ cup tomato sauce

¼ cup Worcestershire sauce

½ cup brown sugar

2 tbsps hot English mustard

1. Preheat oven to 180 C.
2. Place the onion slices over the base of a large baking dish. Place the sausages over the onions, then the potatoes over the top.
3. In a jug, combine sauces, brown sugar and mustard; pour over sausage mixture in the dish.
4. Bake uncovered for about 30 mins, turning the sausages and potatoes, and basting them with the liquid in the dish.
5. The dish is ready when the sausages are cooked and the sauce is rich and thick.
6. Serve with salad and crusty bread, if desired. W

### DIGITAL BONUS

Click here for three  
more delicious one-pot  
dinner recipes!



# WONDER COOK

*If you love to fry, bake, roast and grill, this may be your dream appliance. Toss in ingredients with a little or no oil, and let the Philips Viva Collection Digital Airfryer HD9238 do the magic*

You could bake a blueberry crumble or perhaps roast some root vegetables. Definitely fry up some prawn paste chicken or golden samosas. The Philips Viva Collection Digital Airfryer HD9238 is about to make meals more fun for you and your family.

## BAKE, GRILL, ROAST AND FRY

Providing your family with delicious, balanced meals is important to you. That's why the Philips Airfryer isn't just great for frying, it also lets you grill, bake and roast your favourite dishes pronto. Think crispy fried chicken and chips, golden muffins, quiches and even pizzas with

80 per cent less fat (as compared to being cooked in a conventional Philips fryer) but 100 per cent tasty. This one-stop solution comes with a recipe book with tried-and-tested dishes to make every meal and occasion extra special.

### TIME IS GOLDEN

Make any day a party! With the Philips Airfryer, you can create party snacks in mere minutes without turning on the oven or stove top. The Philips Airfryer preheats up to 200 C in less than three minutes; frying, baking, roasting or grilling up a fresh platter faster than you'd expect. To get the most out of it, use the digital Integrated Time to pre-set time and temperature and leave it to do the cooking for you.

### FRY WITH AIR

The Philips Airfryer is a most accommodating appliance, thanks to the unique Rapid Air technology that lets it fry, bake, roast and grill tasty snacks and meals with less (or no) oil. This high-tech machine fries food with hot air, cutting out as much as 80 per cent fat in the process as compared to food fried in conventional Philips fryers. Its splatter-proof, multifunctional lid and detachable non-stick parts is a good thing as it provides fast and easy cleaning as compared to scrubbing down greasy stovetops and oily ovens.



### ONE AIRFRYER, PLENTY OF USES

- ✓ Fries, grills, bakes and roasts with the unique Rapid Air Technology
- ✓ QuickClean bottom and lid for easy cleaning
- ✓ Precise time and temperature control, plus high-power performance for fast cooking results



### Coconut Chicken Bowl

Prep 10 mins / Cook 15 mins / Serves 2

#### INGREDIENTS

- 1 large round bread bun (7-inch diameter)
- 200 g chicken fillet, cut into thick strips
- 50 g mini corn, cut into bite-size pieces
- 6 button mushrooms, halved
- 1 cup coconut milk
- ½ cup boiling water
- 1 tsp fish sauce
- 1 tsp lime juice

#### SEASONING

- 1 tsp sesame oil
- 2 tbsps oil
- 1 tbsp galangal, chopped
- 1 stalk lemon grass, lower half
- 3-4 kaffir lime leaves, torn into pieces
- 2 tbsps coriander, chopped
- ½ chilli, chopped
- Salt and pepper to taste

#### METHOD

1. Slice off the top part of the bun as the lid. Pinch off the insides of the bread to make a hollow bowl.
2. Place bread bowl and lid into the Philips Airfryer's cooking basket. Set temperature to 180 C for 5 mins. Place the bun in a large shallow dish to cool.
3. Mix chicken fillet, mini corns, button mushrooms, and the rest of the ingredients in the Airfryer's baking tray. Set temperature to 200 C for 4 mins, giving a stir every 2 mins. Add in coconut milk and boiling water and continue for 5 mins more or until well-cooked.
4. Pour the coconut chicken into the bun bowl. Drizzle a few drops of fish sauce and lime juice. Serve.

**Fun Food Ideas**

# FRIGHT NIGHT favourites

*Put on a deliciously spooky spread with these Halloween tricks and treats*



**TIP:** Guacamole is best made when ready to serve as it can discolour.

## Gooey Green Spiderweb Dip

Prep 15 mins / Serves 8

**2 avocados, seeded, peeled  
1 lime, juice  
2 green onions, finely chopped  
1 tbsp coriander, chopped  
1/4 tsp Mexican chilli powder  
2 tbsps sour cream, whisked  
1 tomato, seeded, chopped  
Plastic spiders, corn chips, to serve**

1. In a bowl, mash avocado with juice until smooth. Stir in onion, coriander and chilli. Season.
2. Spoon into a shallow serving bowl, smoothing over top. Spoon runny sour cream into a snap-lock bag and snip a corner to make a small opening.
3. Pipe circles on top of dip, starting from the centre. Use a toothpick to drag through circle to make a web pattern. Spoon tomato on the edge and place plastic spiders in the centre and on plate. Serve with corn chips.



**TIP:** Prepare pies and freeze unbaked. To bake from frozen, increase cooking time by 10 minutes.

## Full Moon Party Pies

Prep 30 mins / Cook 25 mins / Makes 36

**1 tbsp olive oil  
1 onion, finely chopped  
1 carrot, grated  
2 cloves garlic, crushed  
1 tsp chopped rosemary leaves  
500 g lamb mince  
2 tbsps tomato paste  
2 tbsps plain flour  
1 1/2 cups beef stock  
1 tbsp Worcestershire sauce  
5 sheets shortcrust pastry, thawed  
1 egg, beaten  
Tomato sauce, to serve**

1. In a large frying pan, heat oil on high. Sauté onion, carrot, garlic and rosemary 4-5 mins. Add mince, brown 3-4 mins. Stir in paste and flour. Cook 1 min.
2. Stir in stock and sauce, bring to boil. Reduce heat, simmer 10 mins. Season.
3. Preheat oven to moderate, 180 C. Cut 36 x 7-cm rounds from pastry. Ease into shallow patty pans. Prick bases with fork. Once mixture is cooled, add tbsp to each pastry round - do not overfill.
4. Brush edges with egg. Cut 36 x 6-cm rounds. Press on pies and seal edges.
5. Cut stars and half-moons. Brush pies with egg. Press shapes on top. Brush and bake 20-25 mins.

# Fun Food Ideas



## Redback Spiders

Prep 1 hour / Cook 1 hour / Serves 12

**2 packets chocolate cake mix**  
**453 g tub chocolate frosting**  
**1 packet chocolate sprinkles**  
**1 licorice strap, cut into thin strips**  
**1 milk bottle lolly, cut into fangs**  
**2 red M&Ms**  
**22 red mini M&Ms**  
**200 g packet red fondant**

1. Preheat oven to moderate, 180 C. Lightly grease and flour a 7-cup pudding basin, a 19-cm round cake pan, 1 hole of a 1/3-cup muffin tray and line a 12-hole mini muffin tray with black paper patty cases.
2. Prepare cakes to instructions. Divide one between mini muffin tray and pudding basin. Bake mini muffins 12-15 mins and pudding cake 50-55 mins until cooked.
3. Divide other mixture between round pan and single muffin hole. Bake muffin 20-25 mins and cake 40-45 mins until cooked when tested. Cool all cakes on wire racks.
4. Trim tops of cakes flat. Place round cake on serving platter. Spread with a little frosting, top with pudding cake, round-side up. Spread with frosting and sprinkles.
5. Cover muffin and mini muffins with frosting and coat in sprinkles.
6. Place large muffin at the front for head. Use long, thin licorice for legs, milk bottle fangs for mouth and 2 red M&Ms for eyes, as shown above.
7. For baby spiders, use licorice strips and legs and mini M&Ms for eyes.
8. Roll red fondant to 0.3-cm thick. Cut a red 10-cm diamond for large spider and 1-cm diamonds for baby spiders. Attach as shown.

## Ball O'Cheese Bats

Prep 15 mins (plus chilling) / Cook 5 mins / Makes 20

**2 rindless bacon rashers, finely chopped**  
**2 eschalots, finely chopped**  
**250 g cream cheese**  
**1/2 cup cheddar cheese, grated**  
**1/3 cup basil pesto**  
**1/2 tsp ground paprika**  
**1/3 cup poppyseeds**  
**2 wholegrain wraps**  
**40 black olive slices**  
**40 pink peppercorns**

1. Heat a frying pan on medium. Saute bacon and eschalots 5-6 mins until bacon is crisp. Cool.
2. In a bowl, combine cheeses, pesto and paprika. Add bacon mixture and mix well. Season. Chill 30 mins until firm.
3. Roll 2 tsps mixture into balls. Coat in poppyseeds. Chill until ready to serve.
4. Preheat oven to moderate, 180 C. Cut 40 batwing shapes from tortilla wraps. Arrange on an oven tray. Bake 5 mins until crisp.
5. Press 2 olive slices onto each ball for eyes, with peppercorns in the centre of each. Press two wings into the sides of each ball.

**TIP:** Cut one batwing then use this as a template for the remaining 39.

**TIP:** When you pour Chocolate Ice Magic onto ice-cream, it instantly hardens into a yummy chocolate shell. You can buy it online from [www.expatfoodhall.com](http://www.expatfoodhall.com) or baking stores.

## Witchypoo's Cat Milkshake

Prep 5 mins / Makes 4

220 g bottle Chocolate Ice Magic  
(see tip)

4 scoops vanilla ice-cream

2 cups milk

1 cup ice

Orange food colouring

300 ml cream

M&Ms, white marshmallows, Jaffas,

Corinthian wafers, licorice triangles

and straps, to decorate

1. Draw bands of Ice Magic on inside of 4 chilled glasses to make stripes about 2 cm apart. Freeze.
2. Blend ice-cream, milk, ice and a few drops of orange food colouring until smooth. Pour into glasses 1 cm from top.
3. Whip cream and colour orange to match. Spoon on top.
4. For each glass, halve marshmallow and place a green M&M in the centre of each for eyes. Place a Jaffa on top of cream for nose and 3 halved wafers around nose for whiskers. Place licorice triangles on the edge of glass for ears and thin licorice straps for the mouth.



# Fun Food Ideas

## Choc-Mousse Ghouly Graves

Prep 15 mins (plus chilling) / Makes 6

200 g dark chocolate, melted  
1½ cups thickened cream, whipped  
3 egg whites  
2 tbsps brown sugar  
⅔ cup thickened cream, whipped  
Few drops green food colouring  
6 dark chocolate Tim Tams, crushed  
6 each jelly worms, toy insects,  
arrowroot biscuits  
Black writing icing

1. Place chocolate in a large bowl and carefully fold through cream.
2. In a clean bowl, beat egg whites until soft peaks form. Gradually add sugar, beating until thick and glossy. Fold into chocolate mixture. Spoon into 6 serving dishes. Chill 1 hour until set.
3. Tint cream green with food colouring, spoon over mousse. Decorate with Tim Tams as "dirt", worms and toy insects.
4. Write messages on biscuits and stick into the mousse to form headstones. Keep chilled.



**TIP:** Make these a day ahead, decorating just before serving.



**TIP:** Prepare cases and fruit salad ahead - assemble when ready to serve.

## Toothy Frooty Jack-O'-Lanterns

Prep 20 mins / Makes 6

6 oranges  
1½ cups fruit salad (grapes, apple, raspberry, kiwifruit), chopped

1. Cut a lid from top of oranges. Carefully cut and scoop out flesh with a small sharp knife, trying not to cut through skin. Chop flesh to add to fruit salad.
2. Cut out eye and mouth shapes from one side of each orange. Fill with fruit salad, replace lid to serve. **W**

**DIGITAL BONUS**  
Use our easy guide to carve your own jack-o'-lantern for your front door!

BROUGHT TO YOU BY



# FOOD FOR THOUGHT

Stock up on these simple-to-prepare SuperFoods from BIOGLAN® which promise more bang for your nutritional buck

**It's easy to lose track of a balanced diet** when you're juggling hectic work and family life. Get on a nutrition fast track with BIOGLAN®'s range of nutrient-dense SuperFoods. These yummy, fuss-free whole foods have high amounts of micronutrients and other unique compounds that have incredible health benefits to meet (and even exceed) your recommended daily intake of fresh fruits and vegetables.

Each pack of BIOGLAN® SuperFoods MultiGreens Powder gives you 10 serves of vegetables\* – and all that goodness is served in just one glass! Easy to prepare, you can consume them individually or mix and match to increase your body's nutrient and antioxidant intake. It'll help boost vitality, immunity, alkalisation, digestion and overall health. Another great tip: Sprinkle them over smoothies, cereals, soups and salads, or bake them into bread to bump up nutritional intake. Also try other boosters in the BIOGLAN® SuperFoods range like Acai + Berry Powder, Chia Seeds and Spirulina Powder for a bonus health kick.

\*Compared to the antioxidant ORAC source of 175 g serve of broccoli.



**PACK A PUNCH**  
What makes  
**BIOGLAN®'s**  
SuperFoods so super?

• Every glass of MultiGreens Powder is equivalent to 10 servings of veggies.

• Every WholeFood Smoothie serving has 24 vitamins and minerals.

• Chia Seeds have nine times more omega-3 than salmon.

• Every serving of Camu Powder has 23 times more vitamin C than an orange.

• Every serving of Açaí + Berry Powder has 22 times more antioxidants than blueberries.

BIOGLAN® SuperFoods is available at Metro, Guardian, Big Box and Robinsons.



## JUST FOR YOU!

Buy up to \$50 worth of BIOGLAN® products at [www.guardian.com.sg/bioglan](http://www.guardian.com.sg/bioglan) or [www.beautiful.me/bioglansuperfoodpromo](http://www.beautiful.me/bioglansuperfoodpromo) to receive a free copy of The BIOGLAN® SuperFoods Kitchen cookbook, worth \$29.90!

Terms and conditions apply.

# ONE-POT WONDER

Cook up a storm – in just one pot – with Panasonic's trusty Z series Micom rice cookers

**T**here's nothing a domestic diva prizes more than a multitasking home appliance that gives her more bang for her buck. Since 1981, Panasonic has been the go-to brand for the smart, modern woman looking to shave down cooking time without compromising on quality.

Amongst its repertoire is the recently-revamped Microcomputer rice cookers. While it delivers on its promise of consistently serving up perfectly steamed rice – regardless of whether it's white, brown, sticky or multi-grain – this delightful device is also versatile enough to help you prepare a range of other dishes.

Use it to whip up hearty soups, stews and porridge, then bake tasty breads and cakes

and even heat up food, all in the one appliance.

Choose from four versions to suit your culinary cravings: The SR-ZE105, SR-ZE185, SR-ZG185 and SR-ZX185. All pans are made with a wear-resistant Japanese-crafted Umabi Diamond finish and come dimpled at the bottom – a technology unique to Panasonic and its mark of excellence that ensures heat is conducted effectively and evenly.

Be spoilt for choice with a pre-set menu of up to 13 programmes designed to give you the best results, whatever you're cooking, with just a tap of a button. If you're time starved, use the Quick Cook function to prepare your favourite dish in under 15 minutes. Food is kept warm (and with flavours intact) for up to 12 hours.

Life just got a tad bit easier thanks to Panasonic!

# WOW FACTORS

Get ready to be won over with these standout features



## Microcomputer control

Provides convenience for easy cooking with various cooking menus.



## 6-Layer "Umabi" Diamond Inner Pan

Made from materials with superior heat build-up to conduct and retain heat effectively within the pan. Pans come in 1.5 mm, 2 mm and 3 mm thickness.

## Easy to use

Available in 1 litre and 1.8 litres, these cookers are super compact and storable. The inner lid removes for easy cleaning and maintenance.



## 11 or 13 pre-set menus

Cook anything your heart desires – white rice, jasmine rice, brown rice, multi grain, sticky rice, cakes, bread, claypots or soups. There are also options for steaming, plus slow and fast cooking.



SR-ZG185

SR-ZE185

SR-ZE105

SR-ZX185



Panasonic Z series Micom rice cookers, from \$149 to \$249, are available at major electrical stores and authorised Panasonic dealers.

# Tea for a cause

Gather your friends for morning tea to raise awareness and funds for National Breast Cancer Awareness month

**TIP:** Top cake with a loop of pink ribbon and fresh flowers.

Read about how three women overcame cancer and emerged stronger in our Women Share feature on page 120.



## Ombre Cake

Prep 1½ hours / Cook 45 mins / Serves 20

**5 cups plain flour**  
**2 tbsps baking powder**  
**8 egg-whites, whisked**  
**2¼ cups milk**  
**375 g butter, softened**  
**2 cups caster sugar**  
**2 tbsps vanilla extract**  
**Pink gel food colouring**

### FROSTING

**6 egg-whites**  
**¼ tsp cream of tartar**  
**2 tbsps caster sugar, plus 1 cup extra**  
**½ cup water**  
**450 g butter, chopped, softened**

1. Preheat oven to moderate, 180 C. Grease and line 5 x 20-cm cake pans with baking paper.
2. Sift flour and baking powder together. Lightly whisk egg-whites and milk together.
3. Using an electric mixer, beat butter until creamy. Gradually add sugar, beating until light and creamy. Beat in vanilla.
4. Fold flour mixture into butter alternately with egg mixture. Divide evenly between 5 bowls. Add small amounts of colouring to 4 bowls to make each a different shade. Pour into pans. Smooth tops.
5. Bake cakes 25-30 mins until cooked when tested with a skewer. Cool in pans 5 mins. Transfer to racks to cool completely. Trim to make surfaces level.
6. FROSTING In a bowl, using an electric mixer, beat egg-whites and cream of tartar together to form soft peaks. Gradually add 2 tbsps sugar, beating until dissolved. Meanwhile, in a pan, add water and extra sugar. Heat until it reaches soft ball on a candy thermometer (112-115 C). Gradually add to egg-whites in a thin, steady stream, beating 8 mins until room temperature. Beat in butter 1 cube at a time until combined.
7. Divide buttercream into 5 bowls. Tint each bowl a different shade to match cakes, leaving one plain.
8. Place darkest cake on a stand. Spread top and sides with darkest frosting. Repeat with other layers. Smooth sides of cake, blending colours to create ombre effect.



## Marbled Jam Slice

Prep 20 mins / Cook 30 mins / Makes 20

**250 g butter, softened**  
**½ cup caster sugar**  
**1 egg**  
**1 tsp vanilla extract**  
**3 cups plain flour**  
**½ cup almond meal**  
**⅔ cup raspberry jam**  
**3 cups icing sugar**  
**2 tbsps water**  
**Pink food colouring**

1. Preheat oven to moderate, 180 C. Line a 20 x 30-cm slice pan with baking paper, allowing long sides to overhang.
2. In a large bowl, using an electric mixer, beat butter and sugar together until creamy. Beat in egg and vanilla to combine well. Fold in flour and almond meal.
3. Press half dough-mixture firmly over base of pan. Spread jam evenly on top.
4. Roll out remaining dough between 2 sheets of baking paper to 20 x 30-cm. Lift into pan to cover jam layer. Press down gently. Bake 25-30 mins until pale golden. Cool in pan.
5. Sift icing sugar into a large bowl. Gradually whisk in water until well combined and smooth. Reserve ¼ cup of icing in a small bowl. Pour remaining icing over cooled slice, tilting pan to cover evenly.
6. Tint reserved icing pink with food colouring. Transfer to a small zip-lock bag and snip off corner. Pipe stripes of pink icing over top of slice. Drag a skewer or toothpick through icing to create a marbled effect.
7. Allow icing to set completely before cutting into squares. Serve them on pretty plates for best effect.

# Baking Special

## Pink Ribbon Biscuits

Prep 30 mins / Cook 10 mins / Makes 20

**250 g butter, softened**  
**1 cup icing sugar**  
**1 egg, separated**  
**2½ cups plain flour**  
**¼ cup white sugar**  
**453 g tub vanilla frosting**  
**Pink food colouring**

1. Preheat oven to moderate, 180°C. Line 2 oven trays with baking paper.
2. In a bowl, using an electric mixer, beat butter and icing sugar together until creamy. Beat in egg-yolk.
3. Fold in flour to form a dough. Knead lightly, then divide in half. Shape into discs, wrap in plastic. Chill 15 mins.
4. Roll out dough between 2 sheets of baking paper to 0.3-cm thick. Cut out 20 x 8-cm scalloped rounds. Transfer to trays, 2-cm apart. Chill 15 mins.
5. Using a 4-cm ribbon-shaped cookie cutter, cut a ribbon from centre of half the dough rounds. Brush with egg-white and sprinkle with sugar.
6. Bake 8-10 mins until firm. Cool.
7. In a bowl, combine frosting with colouring. Mix well. Transfer to piping bag with large star tip. Pipe onto plain biscuits, working from centre to edges. Sandwich together with ribbon biscuits sugar-side up. **W**



**TIP:** Cook biscuits up to three days ahead of time and sandwich together with icing on the day of your morning tea.

THE SINGAPORE  
**Women's Weekly**

# SUBSCRIBE & SAVE 60%

**12 PRINT + DIGITAL ISSUES  
FOR ONLY \$40**



Usual price: \$100.80



**YOU  
SAVE  
\$60.80**

**FREE**  
delivery to your door

**EXCLUSIVE**  
giveaways for  
subscribers only

**SAVE \$60.80: SUBSCRIBE FOR YOURSELF**

Send me *The Singapore Women's Weekly* at \$40 (incl GST) for 12 print & digital issues.

Ms/Miss/Mrs/Mr \_\_\_\_\_

Age \_\_\_\_\_ IC \_\_\_\_\_ Date of Birth \_\_\_\_\_

Occupation \_\_\_\_\_

Address \_\_\_\_\_ Postal code \_\_\_\_\_

Tel (H) \_\_\_\_\_ (M) \_\_\_\_\_

Email \_\_\_\_\_

I do not wish to take part in other promotions.

**GIVE A GIFT: GIVE A 1-YEAR GIFT SUBSCRIPTION FOR ONLY \$40**

Send my friend 12 print & digital issues of *The Singapore Women's Weekly* at \$40 (incl GST).

Ms/Miss/Mrs/Mr \_\_\_\_\_

Age \_\_\_\_\_ IC \_\_\_\_\_ Date of Birth \_\_\_\_\_

Occupation \_\_\_\_\_

Address \_\_\_\_\_ Postal code \_\_\_\_\_

Tel (H) \_\_\_\_\_ (M) \_\_\_\_\_

Email \_\_\_\_\_

**PAYMENT DETAILS**

Personal cheque or money order no. \_\_\_\_\_ for amount: \$ \_\_\_\_\_ Made payable to **SINGAPORE PRESS HOLDINGS LIMITED** or charge my credit card  Visa  Mastercard  American Express  Diners

No.

Card Holder's Name \_\_\_\_\_

Expiry Date \_\_\_\_\_ / \_\_\_\_\_

Signature \_\_\_\_\_

*This subscription offer is non-refundable.*

**MAIL IT** Enclose your cheque or money order with this form. Send it to Singapore Press Holdings Subscription Services, 82 Genting Lane, Media Centre, Level 2, Singapore 349567.

**FAX IT** Provide your credit card details on this form. Fax it to 6744 4875.

**SUBSCRIPTION HOTLINE** 6388 3838 (Mon to Fri, 9 am to 6 pm).

**Closing date:** October 15, 2015

• Offer cannot be used in conjunction with other promotions and discounts. • All subscriptions non-refundable upon receipt. • Acknowledgement letter sent by post. • All payments, for local or foreign subscriptions, must be in Singapore currency. • Allow at least six to eight weeks for your subscription to begin. • For overseas subscriptions, call circulation hotline 6388 3838 or email [circs@sph.com.sg](mailto:circs@sph.com.sg) for details.

SWW10/15

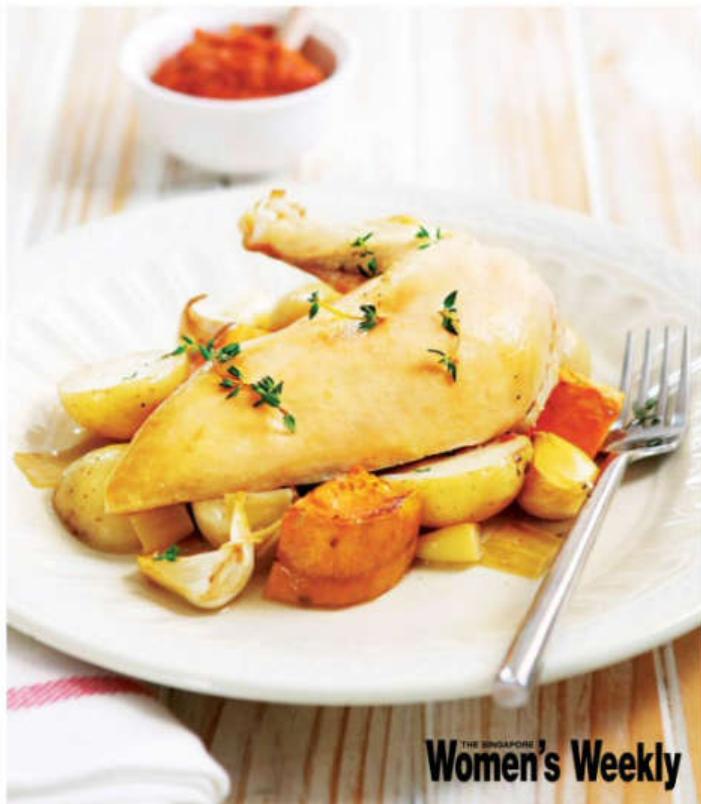
# Tender Lean Roasts



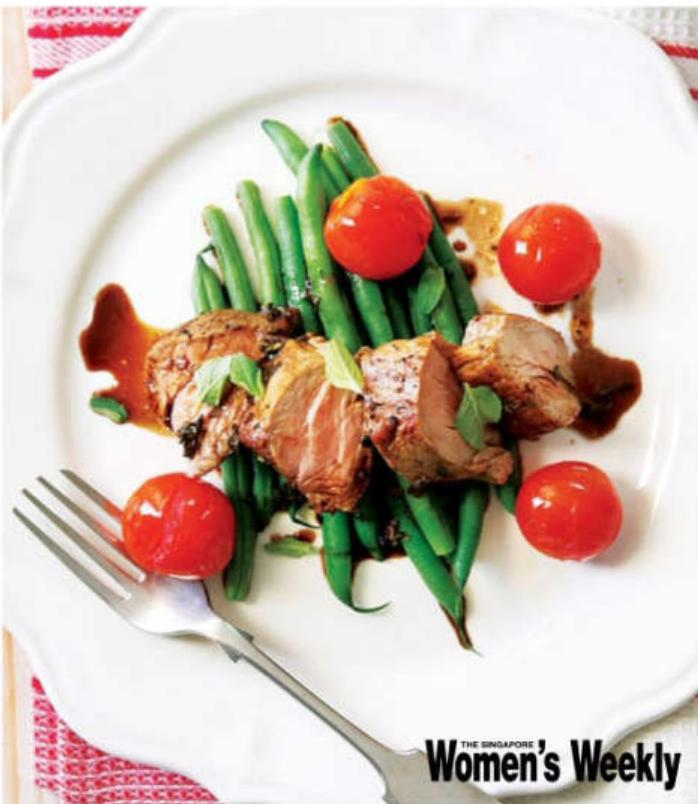
**MAPLE ROSEMARY RACK OF LAMB**



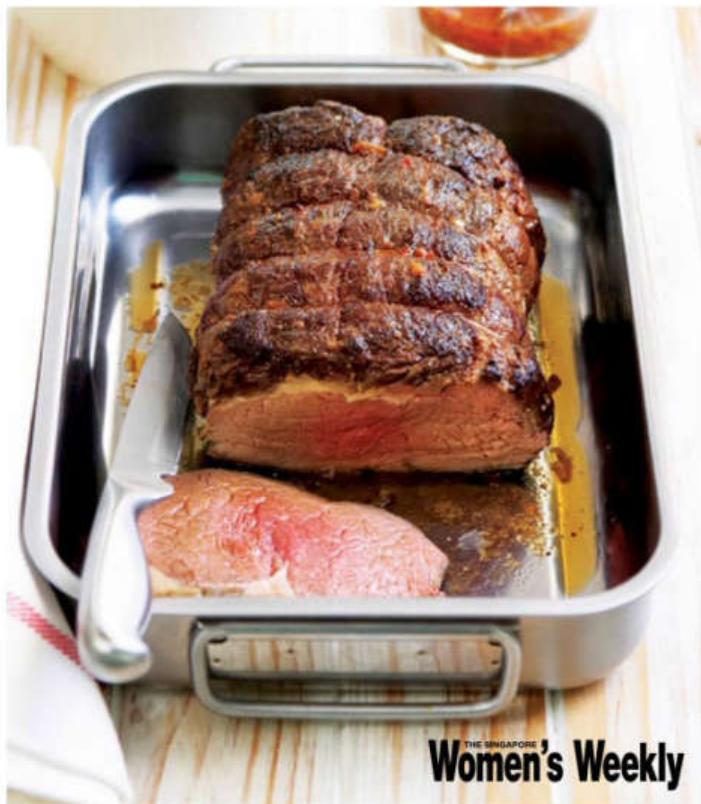
**COUNTRY CHICKEN & VEGETABLES**



**GLAZED PORK FILLET**



**HARISSA BEEF**



Cut out and keep



# Tender Lean Roasts

## COUNTRY CHICKEN & VEGETABLES

Prep 15 mins • Cook 1 hour • Serves 4

500 g baby potatoes, halved • 1 small kumara or sweet potato, peeled, chopped • 2 small leeks, trimmed, washed, sliced • 1 knob garlic, separated and unpeeled • 1 bunch thyme • 1/2 cup low salt chicken stock • 1/2 cup white wine • 1.8 kg whole chicken, cleaned, dried, skin removed, quartered (see tip) **CAPSICUM SAUCE** • 1 tbsp olive oil • 1 onion, chopped • 2 garlic cloves, crushed • 270 g jar char-grilled capsicum, drained, chopped • 1/4 cup tomato passata



**TIP:** Always wash leeks well between the layers to remove any grit. If preferred, use a selection of chicken pieces and remove skin.

- 1 Preheat oven to moderate, 180 C.
- 2 Arrange potatoes, kumara, leek, garlic and thyme sprigs in a large baking dish. Pour combined stock and wine over. Bake for 20 mins.
- 3 Place chicken on top of the vegetables. Bake for 25-30 mins, basting chicken occasionally with stock mixture. Turn vegetables and bake for a further 10-15 mins until chicken is cooked through. Season to taste.
- 4 **CAPSICUM SAUCE** Heat oil in a medium saucepan on high. Saute onion and garlic for 2-3 mins until tender. Stir in remaining ingredients. Puree until smooth. Season to taste. Serve with chicken and vegetables.

## MAPLE ROSEMARY RACK OF LAMB

Prep 15 mins • Cook 40 mins • Serves 4

500 g baby potatoes, halved • 2 x 8 racks lamb, frenched • 2 tsps olive oil • 2 sprigs rosemary, leaves removed • 4 flat mushrooms • 2 roma tomatoes, halved • 3 garlic cloves, sliced • 1/4 cup maple syrup • 1 bunch asparagus, trimmed, cooked (see tip)



**TIP:** Place asparagus into a microwave-safe dish with a sprinkling of water. Cover with plastic wrap and microwave on high for 1 to 2 mins until just tender.

- 1 Preheat oven to moderate, 180 C.
- 2 Arrange potatoes in a baking dish. Place racks on top. Rub with olive oil and sprinkle with rosemary.
- 3 Roast lamb for 20 mins. Add mushrooms, tomatoes and garlic to dish. Continue roasting for 5-10 mins until racks are cooked to taste.
- 4 Remove racks from dish. Rest, covered loosely with foil, for 10 mins.
- 5 Drizzle vegetables with maple syrup. Return to oven for a further 5-10 mins until vegetables are tender. Stir asparagus through.
- 6 Cut each rack in half. Serve lamb with vegetables.

## Women's Weekly

OCTOBER 2015

## HARISSA BEEF

Prep 10 mins • Cook 40 mins • Serves 4-6

1 kg scotch fillet, trimmed • Salad, to serve **HARISSA** • 1/4 cup olive oil • 2 garlic cloves, crushed • 2 tsps sambal olek • 1 small red chilli, finely chopped • 1 tsp ground coriander • 1 tsp ground cumin



**TIP:** Allow 15 to 20 mins for every 500 g for rare. Increase cooking time by 5 mins for every 500 g for medium and 10 mins for well done.

- 1 Preheat oven to hot, 200 C. Place beef on a trivet in a baking dish.
- 2 **HARISSA** (Makes 1/4 cup) In a small bowl, combine oil, garlic, sambal olek, chilli and spices. Rub half the mixture over beef. Marinate for 30 mins.
- 3 Roast beef for 30-40 mins or until cooked to taste. Rest, covered loosely with foil, for 15 mins. Serve beef sliced, with remaining harissa and salad.

## GLAZED PORK FILLET

Prep 10 mins • Cook 20 mins • Serves 4

500 g pork fillets, trimmed • 2 tsps olive oil • Freshly ground black pepper • 1/4 cup balsamic vinegar • 1/4 cup honey • 1 tbsp roughly chopped oregano • 1 garlic clove, crushed • Steamed green beans, roasted cherry tomatoes (see tip) to serve



**TIP:** Heat vinegar and honey in the microwave on high (100 per cent) power for 10-15 secs to combine. To roast tomatoes, drizzle with a little olive oil and place in the oven with the pork.

- 1 Preheat oven to hot, 200 C.
- 2 Brush pork fillets with oil and sprinkle with black pepper. Place in a baking dish. Roast for 10 mins.
- 3 Brush with combined vinegar, honey (see tip), oregano and garlic. Roast a further 5-10 mins until cooked to taste. Rest, covered loosely with foil, for 5 mins. Slice thickly.
- 4 Serve pork on a bed of beans and tomatoes. Drizzle with remaining vinegar mixture.

## Women's Weekly

OCTOBER 2015

## Women's Weekly

OCTOBER 2015

# Bake of the month

## BLACK FOREST CUPCAKES

*They're a nod to the 70s, but these delicious, decadent treats make perfect desserts for any dinner party*

Prep 30 mins / Cook 25 mins / Makes 12

**340 g packet red velvet cupcake mix**  
½ cup dark chocolate chips  
250 g cherries, pitted, halved  
⅓ cup kirsch liqueur (see tip)  
1 tbsp icing sugar  
2 tsps cornflour  
300 ml thickened cream, whipped  
50 g milk or dark chocolate, shaved

1. Preheat oven to moderate, 180 C. Line a 12-hole muffin pan with paper patty cases.
2. Prepare cake mix following packet instructions. Fold choc chips through. Spoon mixture evenly among cases until two-thirds full. Bake 15 to 20 mins, until cooked when tested.
3. Cool cakes in pan 5 mins. Transfer onto a wire rack to cool completely.
4. Meanwhile, in a saucepan, combine cherries, kirsch and sugar. Stir on a low heat until sugar dissolves. Increase heat to medium. Simmer 1 to 2 mins. Whisk in cornflour and simmer a further 2 to 3 mins, until syrup thickens. Cool.
5. Top each cupcake with a spoonful of cherries and sauce. Finish with a dollop of cream and shaved chocolate. **W**



**TIP:**  
Kirsch is a cherry brandy that can be replaced with blackcurrant juice for kids.



# The Well-Balanced Cook

With the high nutrients contained in PONTOS Premium Fish Oil, reducing oil in your cooking is now a thing of the past.

**H**ome-cooked meals are still the best when it comes to having a balanced diet. Not only does it allow you to use fresher ingredients with higher nutritional values, but you can also choose your cooking methods. In order to cook healthily, most of us try to follow the same rule of thumb – reduce the use of salt and oil. But, this sometimes means sacrificing the taste of your dishes.

Make the switch to the new PONTOS Premium Fish Oil and you need not worry about reducing oil in your cooking anymore. Known for its high nutrient content, the 100 per cent refined fish oil in

PONTOS is processed by the latest technology from Belgium in an oil refinery plant in Vietnam.

Suitable for both Asian and Western cuisine, the trans fat-free and sodium-free PONTOS Premium Fish Oil has a high smoke point of 246 C – this means you only need to stock this in your kitchen for most of your cooking needs, including stir-frying, baking, grilling and browning which require a higher smoke point. Best of all, the oil does not have any fishy smell and can be used in lighter preparations such as pasta sauces and baked dishes.

So make the switch to flavourful cooking which does not sacrifice taste, while reaping the health benefits from PONTOS Premium Fish Oil for the well-being of you and your family.

## **5 Reasons...**

**... why making the switch to PONTOS Premium Fish Oil can be beneficial**

# 1 Brimming With Nutrients

It contains Omega 3, 6 and 9, EPA, DHA, vitamins A and E and other minerals – all natural nutrients found in fish oil – to add a healthy kick to your cooking.

# 2 Only Good Stuff Made from

100 per cent refined fish oil, free from trans fat and sodium, and containing 64.7 per cent unsaturated fat, it's the healthier choice of cooking oil.

3 East & West

This versatile cooking oil lets you whip up all kinds of cuisine at home, whether it's Chinese, Indian or Thai you want, or an Italian or American feast you are planning.

## **4 Stable Staple**

**T**It's the cooking oil you can rely on for various cooking methods and food prep, thanks to its high smoke point of 246 C which allows you to stir-fry, sear or brown your food.

5 Tasty, Not Fishy

Mention fish oil and you might think of a fishy taste and smell, but there is none of that here. Instead, dishes cooked with this premium fish oil comes out tasting more flavoursome.



# Heaven in a jar

*End your meal with sweet fireworks by serving up these pretty Margarita Cheesecake Jars filled with creamy delight*



Prep 30 mins (plus 2 hours chilling time) / Serves 12

**2½ cups biscuit crumbs**  
**150 g butter, melted**  
**500 g Philadelphia Block Cream Cheese, softened**  
**220 g white chocolate**  
**1 cup thickened cream**  
**¼ cup caster sugar**  
**¼ cup tequila**  
**¼ cup triple sec**  
**Finely grated lime zest from 2 limes**  
**Strawberries, extra for decoration**  
**12 lime cheeks, cut from 3 extra limes, optional**  
**Sea salt flakes, for decoration**

1. Combine the biscuit crumbs and butter, then press into the base of 12 serving glasses or jars. Chill.
2. Combine the Philadelphia Block Cream Cheese and chocolate in a bowl over simmering water. Stir until the chocolate has melted. Allow to cool for 10 minutes.
3. Stir the tequila, triple sec, lime rind and juice into the mixture.
4. Whip together the cream and sugar until stiff then gently fold through the mixture.
5. Spoon  $\frac{1}{3}$  cup of the mixture into prepared glasses. Chill for 2 hours or until set. Decorate with the fresh strawberries, a lime cheek and a sprinkle of salt flakes just prior to serving. **W**



## VERSATILE BLOCK

Whether you need a luscious creamy spread over your toasts in the morning, or a quality cheese to add panache to your bakes, the Philadelphia Block Cream Cheese is your go-to ingredient. Its smooth, velvety texture melts in the mouth and gives your palate a creamy pleasure. Available at major supermarkets.

# Get more every month!

When you subscribe to the digital issue of *The Singapore Women's Weekly* you get more good stuff dished up on your tablet and smartphone, from bonus recipes to videos and photo galleries

THIS MONTH ONLY ON THE DIGITAL ISSUE

## 8 Extra Recipes!

Pizza recipes perfect for family dinners exclusively in our digital edition.



## She's A Survivor

Watch local singer and radio DJ Daphne Khoo belt out "Carry On", a song she wrote about her battle with ovarian cancer. Available with our digital edition.



Look out for this icon to view additional content.



Look out for this icon to view video content.



This icon allows you to buy garments – right here, right now!



## New Pairings

Shop for fresh ways to wear the midi skirt, white pants and the pencil skirt.

BUY  
NOW



## Store More

More smart storage solutions to help you keep things organised in your home.



## GET THE WEEKLY ON YOUR TABLET

It's easy: Just download your digital edition from

App Store or Google Play. If you subscribe, your digital edition will automatically appear in your inbox every month – you'll never forget and you'll be first in line.

Download *The Weekly* here:



## CONNECT WITH THE WEEKLY

Get your daily fix of news, online giveaways and more by following *The Singapore Women's Weekly* on social media



[www.facebook.com/thesingaporewomensweekly](http://www.facebook.com/thesingaporewomensweekly)



@thesingaporewomensweekly

# EXCLUSIVE 1-FOR-1 DINING DEALS!

*Nothing brings people closer than food and great company, and now you get to have a treat with your loved one for just half the bill using these coupons*

## 1-for-1 Weekday Main Course at The Car-Rousel Café (from \$6.90 to \$10.90)

Relive the yesteryears at The Car-Rousel Café. This is the perfect venue for parties, corporate events or just a fun-filled family day, and with an array of homemade pastries, specialty coffee and handcrafted sandwiches, you'll be spoiled for choice!



The Car-Rousel Café is at #02-12 Kallang Wave Mall, Tel: 6384 6822.



### Terms & conditions:

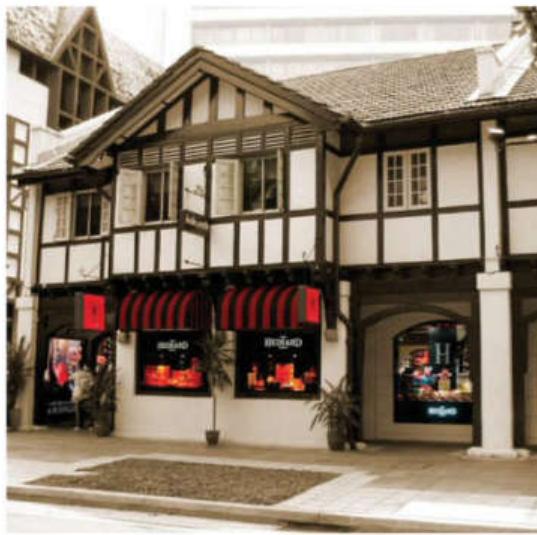
- Valid from September 15 to October 31, 2015.
- Valid for dine-in at The Car-Rousel Café only, Monday to Friday, from 10 am to 9 pm.
- Valid at The Car-Rousel Café at Kallang Wave Mall only.
- Prior reservations required. Call and quote "The Singapore Women's Weekly Dining Deal".
- Original voucher(s) must be presented before ordering.
- The voucher is valid for one-time use only, with a maximum limit of one voucher per table. Additional guests must pay full price.
- The voucher is not valid with other promotions, discounts, membership cards, offers, vouchers or privileges.
- No GST and service charges.
- Management reserves the right to amend the item, dish, price, terms and conditions without prior notice.

## 1-for-1 Weekday Set Lunch at Hediard (\$28++)

Having delighted connoisseurs worldwide with its specialty fruit jams, coffees, teas, confectionary, condiments, smoked salmons, caviars, foie gras, wines, champagne and more, Hediard Café-Boutique at Tudor Court brings 160 years of Parisian gastronomic perfection here.



Hediard is at 123 Tanglin Road, Tudor Court, Tel: 6333 6683.



### Terms & conditions:

- Valid from September 15 to October 31, 2015.
- Valid for dine-in at Hediard Café-Restaurant only, Monday to Friday, from 11.30 am to 4.30 pm. Not valid on weekends and public holidays.
- Valid at the Hediard Café-restaurant only, with table of two minimum bookings. 1-for-1 Set lunch does not include beverages.
- Prior reservations required. Call and quote "The Singapore Women's Weekly Dining Deal".
- Original voucher(s) must be presented before ordering.
- Each voucher is only valid for one-time use, with a maximum of one voucher per table. Additional guests must pay full price.
- The voucher is valid for one-time use only, and is not valid with other promotions, discounts, membership cards, offers, vouchers or privileges.
- Prices are subject to prevailing GST and service charges.
- Management reserves the right to amend the item, dish, price, terms and conditions without prior notice.

## 1-for-1 Weekday Set Lunch or Dinner at Pool Grill (from \$33++ to \$48++)

A gastronomic haven awaits you at the newly refurbished, alfresco Pool Grill restaurant. Dig in to their new selection of delicious Western treats like roasted baby chicken breast and confit leg, Norwegian Salmon and more.

Pool Grill is at Singapore Marriott Tang Plaza Hotel, Tel: 6831 4605.



### Terms & conditions:

- Valid from September 15 to October 31, 2015.
- Only valid for dine-in at Pool Grill, Level 5, Singapore Marriott Tang Plaza Hotel, Monday to Friday, from 11 am to 10 pm.
- At least two days prior reservation required and subject to availability. Call and quote "The Singapore Weekly Dining Deal".
- Original voucher(s) must be presented before ordering.
- The voucher is valid for one-time use only, and is not valid with other promotions, discounts, membership cards, offers, vouchers or privileges.
- Prices are subject to prevailing GST and service charges.
- Management reserves the right to amend the item, dish, price, terms and conditions without prior notice.

## 1-for-1 Set Lunch or Dinner at Silk Road (\$58++)

Embark on a culinary journey at Silk Road with speciality chefs as they serve an exquisitely crafted menu of authentic provincial Chinese cuisine. Savour the very best of provincial Chinese fare from Sichuan, Shaanxi, Beijing and Liaoning.



Silk Road is at Amara Singapore, Tel: 6227 3848.



### Terms & conditions:

- Valid from September 15 to October 31, 2015.
- Valid for dine-in at Silk Road at Amara Singapore, Monday to Sunday, from 11.30 am to 3 pm and 6 pm to 10.30 pm.
- Valid at the Silk Road at Amara Singapore only.
- Prior reservations required. Call and quote "The Singapore Women's Weekly Dining Deal".
- Original voucher(s) must be presented before ordering.
- The voucher is valid for one-time use only, with maximum of five vouchers per table. Additional guests must pay full price.
- The voucher is not valid with other promotions, discounts, membership cards, offers, vouchers or privileges.
- Prices are subject to prevailing GST and service charges.
- Management reserves the right to amend the item, dish, price, terms and conditions without prior notice.

## 1-for-1 Main Dish at The Marmalade Pantry (from \$24++ to \$40++)

Escape from the hustle and bustle of the city at The Marmalade Pantry, Novena! New all-day dining creations such as the lobster barley risotto promise you an explosion of flavours within your mouth that highlights the fresh oceanic flavour of lobster chunks.



The Marmalade Pantry is at #01-02/04 Oasia Hotel, 8 Sinaran Drive, Tel: 6664 0348.



### Terms & conditions:

- Valid from September 15 to October 31, 2015.
- Valid for dine-in only at The Marmalade Pantry @ Novena, Oasia Hotel, Monday to Sunday, from 11 am to 10.30 pm. Not valid on Special Occasions and eve of and on Public Holidays.
- Valid for orders in Meat & Fish and Pasta & Risottos sections only.
- Free item applies to lower-priced item.
- Prior reservations required. Call and quote "The Singapore Women's Weekly Dining Deal".
- Original voucher(s) must be presented before ordering.
- The voucher is valid for one-time use only, and is not valid with other promotions, discounts, membership cards, offers, vouchers or privileges.
- Prices are subject to prevailing GST and service charges.
- Management reserves the right to amend the item, dish, price, terms and conditions without prior notice.

## Horoscopes

# This Month... Change Yourself



### GOAT

YEAR OF BIRTH: 2003 • 1991  
• 1979 • 1967 • 1955 • 1943

It's a very fortunate month as many people will help you in all areas. Your luck is at its peak too so take time to carry out plans you've previously shelved. Take on new challenges when possible. However, keep your comments to yourself. Good communication is key for your relationship.



### MONKEY

YEAR OF BIRTH: 2004 • 1992  
• 1980 • 1968 • 1956 • 1944

Generosity and humbleness will do you good this month. Avoid conflicts and be respectful towards your bosses. Although your immediate wealth is stable, it is wise to steer clear of investments. Drive carefully and be mindful of taking the necessary safety precautions.



### ROOSTER

YEAR OF BIRTH: 2005 • 1993  
• 1981 • 1969 • 1957 • 1945

Things are back on track as many auspicious stars are shining on you. Don't be lazy. Focus on your tasks and complete them quickly. Cooperation will help speed things up. Wealth luck is only good before the final week. Some tension is brewing in your love life so be more patient with one another.



### DOG

YEAR OF BIRTH: 2006 • 1994  
• 1982 • 1970 • 1958 • 1946

Lay low and avoid major decisions. If possible, delay decision-making until next month. Beware of detractors around you who may take advantage of your trust. Relationship wise, your partner may be more demanding and picky. Beware of potential hidden pitfalls.



### PIG

YEAR OF BIRTH: 2007 • 1995  
• 1983 • 1971 • 1959 • 1947

Your luck's on a rollercoaster ride thanks to a mixture of good and bad stars shining on you. At work, be diligent and humble. Seek first to understand others before over-ruling their decision. Expenses will be high. Try to be less stubborn when dealing with your loved one.



### RAT

YEAR OF BIRTH: 2008 • 1996  
• 1984 • 1972 • 1960 • 1948

Strong negative stars shine on you, resulting in low luck. Be meticulous at work and treat others sincerely. Doing so, you'll see sincerity from others too. Have a good work-life balance to improve well-being. Reduce your expenditure and be careful of scams related to finances.

## WHAT'S IN IT FOR THE STARS?



### IT'S A GOOD MONTH FOR:

### IT'S A GOOD MONTH FOR:

Goats like Myolie Wu. Everything's coming up roses for the Hong Kong actress who was recently promoting her new bridal boutique. There's also rumours she's getting married to boyfriend Philip Lee, whom Myolie calls a "perfect man". What a lucky girl to have found her perfect partner!



### OX

YEAR OF BIRTH: 2009 • 1997  
• 1985 • 1973 • 1961 • 1949

There are plenty of obstacles at work and support is not strong. Be more independent while working and avoid conflicts. Do some charitable work like donating blood. As your partner may not be having a good month too, mutual support and encouragement would be beneficial.



### TIGER

YEAR OF BIRTH: 2010 • 1998  
• 1986 • 1974 • 1962 • 1950

All things are smooth sailing and projects will complete on time. However, complacency will cause your luck to drain away. Investment wealth and extra income are strong, but avoid greed. Relationship is improving and for those not married, there are strong signs of union.



### RABBIT

YEAR OF BIRTH: 2011 • 1999  
• 1987 • 1975 • 1963 • 1951

Wealth luck is superb and work will run smoothly in all areas. Choose your sides carefully to help you advance. Hesitation will cost you so be quick in your decision. There will be some tough choices to make in your relationship, but take them seriously and decide when you are calm.



### DRAGON

YEAR OF BIRTH: 2000 • 1988  
• 1976 • 1964 • 1952 • 1940

You may find yourself involuntarily involved in matters. As such, be diligent and make sure your work is done properly so you won't have to revisit the same problem again. Avoid verbal conflicts and investments. There are strong signs of relationship changes so try to be more tolerant.



### SNAKE

YEAR OF BIRTH: 2001 • 1989  
• 1977 • 1965 • 1953 • 1941

If you have any problems, this is a good month to establish the root of the cause and solve it from there. Don't try to be overly creative or different as this will do you more harm. Listen to the good advice around you. Be cautious with investments. Plan a short getaway which will do you good.



### HORSE

YEAR OF BIRTH: 2002 • 1990  
• 1978 • 1966 • 1954 • 1942

Benefactors are all around you and many doors will begin to open. Your network will also expand a lot this month. Remember to show gratitude towards those who support you. Don't think too long before investing as your wealth luck is good. Relationship will be very smooth for you too.

# What's Happening In... October

## Return to Neverland

8 OCT

The dramatic retelling of a childhood classic, *Pan* follows the adventures of Peter Pan in Neverland. Starring Hugh Jackman as pirate Blackbeard and Amanda Seyfried, this magical journey is not to be missed. Opens in cinemas on October 8.



puppetry – you'll leave the theatre with a smile on your face! Runs till October 11, at SOTA Drama Theatre. Tickets from \$42, from SISTIC.

20 OCT

## Haunting Love

Adapted from the Academy Award-winning film from 1990, *Ghost the Musical* is set to take Singapore's theatre stage by storm, with never-before-seen special effects and illusions. Runs till November 1, at MasterCard Theatres at Marina Bay Sands. Tickets from \$85, from SISTIC.



28 OCT

## Evolution Spectacle

Theatre comes to life as Cirque de Soleil returns with *TOTEM*. The fascinating journey of human's evolution is told through thrilling stunts and cutting-edge digital effects. Runs till November 22, at Big Top at Marina Bay Sands. Tickets from \$98, from SISTIC.



## Fine Euro Fare



Khoo Huili, 30, sat down to a memorable meal at Violet Herbs.



“Most of us think fine dining is an expensive experience which we can only indulge in occasionally. But semi-fine dining restaurant Violet Herbs proves us wrong by offering quality European dishes at affordable prices (set menus start from \$32+). The use of herbs play an important part here in the food, and coupled with the Instagram-worthy plating made each dish a total sensorial package. This was evident when our appetisers – Mushroom Consommé & King Prawn and Smoked San Marzano Tomato & Scallop – were served up.

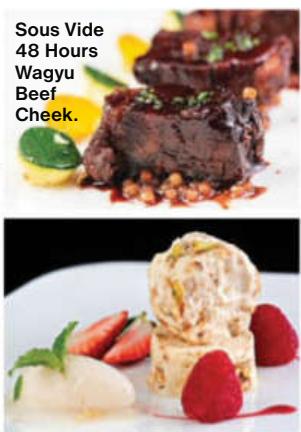
For mains, I tried the Marinated Red Miso Cod. One word: Fantastic. The cod was well marinated and went perfectly well with the roasted pumpkin puree, while the side of egg plant with deep fried parsnip gave the dish a punch. I would definitely go back for more of this restaurant's signature dish! My husband Farokh, my dining partner that evening, had the Sous Vide 48 Hours Wagyu Beef Cheek. It came with fregola sarda for a nice contrast of flavours and the drizzle of raspberry vinaigrette added an interesting element to the tender wagyu beef cheek. Thumbs up! Our desserts, Nutella Bar and Apple Strudel, were both satisfying finishers.

Staff here were attentive and knowledgeable, without being intrusive. There's no need to wait too long in between courses as each was served promptly. The restaurant's clean, modern decor with comfortable mood lighting provided an intimate experience – great for dinner dates and special occasions.”

Sous Vide 48 Hours Wagyu Beef Cheek.



Exquisite and flavourful, the Marinated Red Miso Cod is a star dish here.



Sweet lovers have a choice of desserts like this Frozen Nougat.

Violet Herbs is at 81 Tras Street, Tel: 6221 3988.

Want to be our Food Reporter? Email us at [sww@sph.com.sg](mailto:sww@sph.com.sg) with your details, and we'll get back to you in time.

# WIN

## Dejewel Galleria 14K Yellow Gold Antique Cultured Pearl Diamond Pendant With Chain, worth \$5,050

Not only are diamonds a girl's best friend, but a versatile piece of jewellery which works as both daily wear and for special occasions is one too. Dainty yet stunning, this Art Nouveau-inspired pendant by Dejewel Galleria will be a keeper in your collection. The 14k pendant is set with 10 diamonds in a total of 0.06 carats amongst a floral motif, with a natural pink cultured pearl as the centerpiece. Pair it with a simple blouse to add elegance to your outfit or show it off with a glamorous dress for that important event. We have one pendant, inclusive of one complimentary cleaning service, to give away.

### JUST FOR YOU!

Purchase a set of Genuine Pearl Earrings at \$88 (UP \$388).

#### Terms & conditions:

- Valid till October 31, 2015.
- Present this page to enjoy the promotion.
- While stocks last
- Valid at Dejewel Galleria, #01-206 VivoCity, 1 HarbourFront Walk, Tel: 6376 8198.



dejewel  
GALLERIA



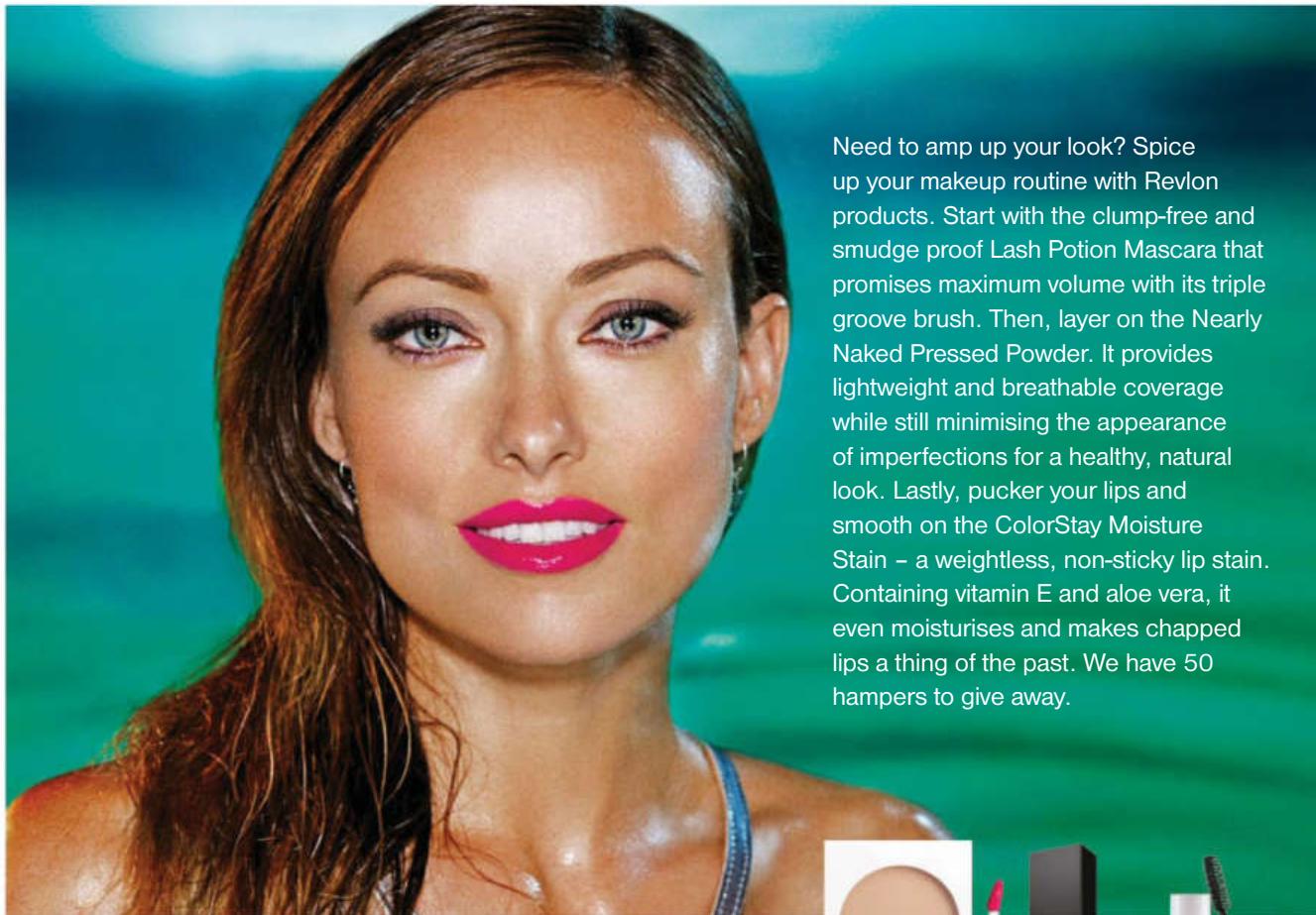
### HOW TO WIN

Scan the QR code to enter.

Promotion is valid from **September 16 to October 15, 2015**. Alternatively, you can visit <http://bit.do/swwoct15> to participate in this promotion.

Winners will be notified via email by end of November 2015. Promotion is open to all residents of Singapore, other than employees and their families of SPHM Pte Ltd and its associated agencies.

# WIN Revlon beauty hamper, worth \$100



Need to amp up your look? Spice up your makeup routine with Revlon products. Start with the clump-free and smudge proof Lash Potion Mascara that promises maximum volume with its triple groove brush. Then, layer on the Nearly Naked Pressed Powder. It provides lightweight and breathable coverage while still minimising the appearance of imperfections for a healthy, natural look. Lastly, pucker your lips and smooth on the ColorStay Moisture Stain – a weightless, non-sticky lip stain. Containing vitamin E and aloe vera, it even moisturises and makes chapped lips a thing of the past. We have 50 hampers to give away.

## JUST FOR YOU!

Receive a free Revlon Nail Enamel when you purchase any Revlon Face products.

### Terms & conditions:

- Valid till October 30, 2015.
- Present this promotion page to enjoy the promotion.
- While stocks last.
- Valid at Watsons Nex, VivoCity and Bugis Junction.



### Each hamper (worth \$100) consists of :

- Revlon Parfumerie Nail, worth \$12.90 • Revlon Cuticle Softener, worth \$15.90 • Revlon Lash Potion Mascara, worth \$17.90 • Revlon ColorStay Moisture Stain, worth \$20.90
- Revlon Nearly Naked Pressed Powder, worth \$18.90
- Revlon Shadowlinks (2 pieces), worth \$13.90

**REVLON**  
LOVE IS ON™



## HOW TO WIN

Scan the QR code to enter.

Promotion is valid from **September 16 to October 15, 2015**. Alternatively, you can visit <http://bit.do/swwoct15> to participate in this promotion.

Winners will be notified via email by end of November 2015. Promotion is open to all residents of Singapore, other than employees and their families of SPHM Pte Ltd and its associated agencies.

# WIN Spa Infinity Customized Botanical Facial, worth \$130



Fight the ravages of time with Spa Infinity's Customized Botanical Facial. Hailing from France, the naturally-derived skincare is enriched with botanical extracts such as centella asiatica, lavender and geranium. These help lighten your unsightly dark spots and minimise the appearance of fine lines while boosting the cellular renewal and moisture level of your skin. Each treatment can even be customised to address individual concerns, making it suitable for all skin types. Put your best face forward and restore your skin to its former radiance and glow today. We have 39 treatments to give away.

Spa Infinity is at #02-486 Suntec City Tower 2, Tel: 6738 0069.

## JUST FOR YOU!

Enjoy one of these wellness treats at \$38 (75 mins, UP \$175):

- Skin Radiance Facial or • Calming Body Massage

Terms & conditions:

- Valid till October 31, 2015. • Call and quote "SWW October 2015 Promotion" to make an appointment.
- Valid for customers aged 23 years and above, who have not visited Spa Infinity in the last 6 months only.
- Not valid for existing package holders. • Promotion is not valid with other promotions or discounts.
- Optional top-up of \$38 to enjoy spa facilities and refreshments. • Weekend and public holiday surcharge of \$10 per pax applies for massage appointments. • Present your NRIC or E-Pass and this page to enjoy the promotion. • Prices stated are subject to 7% GST. • Spa Infinity reserves the rights to amend any terms & conditions without prior notice.



SPA INFINITY  
FACE • BODY • CHIRO



## HOW TO WIN

Scan the QR code to enter.

Promotion is valid from **September 16 to October 15, 2015**. Alternatively, you can visit <http://bit.do/swwoct15> to participate in this promotion.

Winners will be notified via email by end of November 2015. Promotion is open to all residents of Singapore, other than employees and their families of SPHM Pte Ltd and its associated agencies.

# See it, Love it, Buy it here!

## BEAUTY

3CE SEPHORA, #01-05/06 ION Orchard, Tel: 6509 8255 ADDYLI Monsoon, #03-29/30 Novena Square, 6333 5586 AMARIS-B www.amaris-b.com ANNICK GOUTAL Escentials #03-02/05 Paragon, Tel: 6737 2478 ASTALIFT #B3-66 ION Orchard, Tel: 6238 6386 AVÉNE Available at Guardian BELIF #01-61 Plaza Singapura, Tel: 6884 8662 BENEFIT www.benefitcosmetics.com BIO-ESSENCE Available at Watsons BIORE Selected pharmacies, supermarkets, hypermarkets, department stores and beauty stores BOBBI BROWN #B2-45 ION Orchard, Tel: 6509 6576 BOTTEGA VERDE #02-454/455 Suntec City Mall, Tel: 6738 4018 BROWHAUS http://www.browhaus.com BURBERRY TANGS AT TANGS PLAZA, 310 Orchard Road, Tel: 6737 5500 BURT'S BEES #01-05 Sephora ION Orchard, Tel: 6509 8255 CAUDALIE #01-05 Sephora ION Orchard, Tel: 6509 8255 CERAMIRACLE www.ceramiracle.com CETAPHIL http://cetaphil.com.sg CHANEL #B2-43 ION Orchard, Tel: 6634 5500 CLARINS Metro Paragon CLARISONIC SEPHORA, #01-05/06 ION Orchard, Tel: 6509 8255 CLE DE PEAU BEAUTE Takashimaya, Tel: 6735 2996 CLINIQUE TANGS at Tang Plaza CLIO Selected Watsons CNP Available at Guardian COLLISTAR SaSa, #B1-06/08 Wisma Atria, Tel: 6738 8232 CRABTREE & EVELYN #B1-36 Ngee Ann City, Tel: 6238 1332 DERMA-RX http://store.drx-group.com DERMALOGICA http://www.dermalogica.com.sg/ DIOR Level 1 TANG Orchard, 6738 6618 DKNY TANGS AT TANGS PLAZA, 310 Orchard Road, Tel: 6235 1469 DR+NU:ELL http://www.dermabiz.com.sg DR. BELTER Annabelle Skin, #02-42 The Adelphi, Tel: 6336 8975 DRGL http://www.drgl.com DR. WU http://www.drwu.com.sg EARTHS BOTANICS www.wearto.com ESTEE LAUDER Metro Paragon, Tel: 6735 1472 ETTUSAIS http://www.ettusaais.sg ETUDE HOUSE #B1-20/21/22 Wisma Atria, Tel: 6737 2460 EYEKO SEPHORA, #01-05/06 ION Orchard, Tel: 6509 8255 FOR BELOVED ONE SEPHORA, #01-05/06 ION Orchard, Tel: 6509 8255 FRANK SKINCARE www.frankskincare.com.sg FRESH SEPHORA, #01-05/06 ION Orchard, Tel: 6509 8255 GLAMGLOW Escentials #03-02/05 Paragon, Tel: 6737 2478 GOOD THINGS Available at BHG GUERLAIN #01-05 ION Orchard, Tel: 6509 8254 HADA LABO Selected personal care stores, pharmacies, supermarkets and department stores HAND CHEMISTRY Watsons, #02-27 to 33 Bugis Junction, Tel: 6337 3696 HELIOCARE http://helicare.com.sg/outlet/ HERMES TANGS AT TANGS PLAZA, 310 Orchard Road, Tel: 6737 5500 HIMALAYA HERBALS Available at Watsons and Robinsons ILLAMASQUA Robinsons Orchard, 6735 8838 INNISFREE #B2-34/35 Takashimaya, 6733 6728 JUNE JACOBS SPA #01-05 Sephora ION Orchard, Tel: 6509 8255 KARL LAGERFELD #01-05 Sephora ION Orchard, Tel: 6509 8255 KAO MEGRHYTHM Available at Guardian, Watsons and Unity KENZO Robinsons Heeren KIEHL'S http://www.kiehlstimes.com KIMROBINSONS #02-12 Ngee Ann City, Tel: 6738 8006 KINACTIF http://kin.sg/ KOSE http://www.kose.com.sg LANCASTER #01-05 Sephora ION Orchard, Tel: 6509 8255 LANCOME #01-12 Capitol, Tel: 6384 0571 LANEIGE http://www.laneige.com.sg LA MER http://www.lamer.com.sg LA ROCHE-POSAY Available at Guardian, Watsons and Unity LAURA MERCIER TANGS AT TANGS PLAZA, 310 Orchard Road, Tel: 6733 8130 L' OCCITANE #B2-33 ION Orchard, Tel: 6509 9068

L'OREAL Available at Watsons, Guardian and Sasa L'OREAL PROFESSIONNEL L'Oreal Professionnel salons LUSH #01-07A Great World City, Tel: 6235 2485 M.A.C. #01-05/06 Sephora ION Orchard, Tel: 6509 8255 MACADAMIA Selected John Little, Metro and Robinsons MAKE UP STORE 313@ Somerset #04-10, 6884 6008 MAISON FRANCIS KURDJIAN Escentials #03-02/05 Paragon, Tel: 6737 2478 MANDY T http://www.mandystincare.com MATAKANA VALLEY Available at Robinsons and John Little MATRIX http://www.matrixhair.com.sg MAYBELLINE Available at Watsons, Guardian and Sasa MONT BLANC Available at SaSa MOONSHOT SEPHORA, #01-05/06 ION Orchard, Tel: 6509 8255 MOROCCANOIL Kim Robinson Studio, #02-12 Ngee Ann City, Tel: 6738 8006 NARS TANGS AT TANGS PLAZA, 310 Orchard Road, Tel: 6737 5500 NATURVITAL Selected pharmacies NINA RICCI Metro Paragon, Tel: 6835 3322 NIVEA Leading personal care stores and supermarkets ORIGINS BHG Bugis OSCAR BLANDI SEPHORA, #01-05/06 ION Orchard, Tel: 6509 8255 PHILOSOPHY #01-05 Sephora ION Orchard, Tel: 6509 8255 PHS HAIRSCIENCE #04-12 Wheelock Place, Tel: 6692 0662 PHYTO Beauty By Nature, #B3-49/50 ION Orchard Tel: 6884 5182 REDKEN Selected partner salons RMK Isetan Scotts Level 1, Tel: 6887 5308 SALLY HANSEN http://sg.sallyhansen.com SEPHORA #01-05/06 ION Orchard, Tel: 6509 8255 SK-II http://www.sk-ii.com.sg SHEA www.shea.com.sg SHISEIDO Takashimaya, Tel: 6735 1039 SLOANE INC http://www.sloaneclinic.com/ SPA CEYLON #01-43 Wisma Atria, Tel: 6737 8643 SOAP & GLORY SEPHORA, #01-05/06 ION Orchard, Tel: 6509 8255 SP Tai Wah Studio and Showroom, 62 Cecil Street, #01-00 TPI Building, Tel: 6737 5433 STILA SEPHORA, #01-05/06 ION Orchard, Tel: 6509 8255 SULWHASOO #01-72/73 Capitol Building, Tel: 6844 9766 TAMMY FENDER http://www.tammyfender.com THE BODY SHOP #B2-18 Capitol Piazza, Tel: 6384 2764 THEFACESHOP http://www.thefaceshop.com.sg/ THE HISTORY OF WHOO TANGS at Tang Plaza THE SKIN PHARMACY #B1-69 NEX, Tel: 6634 7855 TIMOTEI Guardian, #B4-02 ION Orchard, Tel: 6884 5956 TOM FORD TANGS AT TANGS PLAZA, 310 Orchard Road, Tel: 6737 5500 URBAN DECAY SEPHORA, #01-05/06 ION Orchard, Tel: 6509 8255 VASELINE Leading personal care stores and supermarkets VDL COSMETICS #03-07 Jurong Point VICTORIA'S SECRET ION Orchard #B2-32, Tel: 6723 7998 WHOO TANGS AT TANGS PLAZA, 310 Orchard Road, Tel: 6737 5500 YSL #B2-34 ION Orchard, Tel: 6509 7423 ZIAJA http://zaja.sg/

## FASHION & LIFESTYLE

ACCESSORIZE #01-111 Bugis Junction, Tel: 6333 9014 AGNÈS B. #01-26 Raffles City Shopping Centre, Tel: 6334 4910 AIDEN.T http://aiden-t.com ALICE + OLIVIA #03-17 ION Orchard, Tel: 6238 2282 ANNE FONTAINE, #03-14A Ngee Ann City, Tel: 6235 3133 ARTISTROOM www.artistroom.com.sg BABY DIOR #B1-63 The Shoppes at Marina Bay Sands, Tel: 6688 7288 BALLY #01-02 ION Orchard, Tel: 6238 2077 BIMBA Y LOLA #B1-04 ION Orchard, Tel: 6509 3305 C'EST MOI Metro Paragon, Tel: 6743 0760 CASTLERY www.castlery.com CATH KIDSTON #01-25/25A Bugis Junction, Tel: 6337 3449 CB2 178A Orchard Rd, Peranakan Place Complex, Tel: 6732 5333 CHANEL #01-25/26/27 Ngee Ann City, Tel:

6645 1900 CHARLES & KEITH #01-339 Suntec City Mall, Tel: 6339 1300 CHRISTIAN DIOR #24-07, Ngee Ann City Tower B, Tel: 6734 2388 CLARKS #01-54 Harbourfront Centre, Tel: 6271 8091 CLUSTER-CLUSTER.COM www.cluster-cluster.com COACH #01-11/12 Paragon Shopping Centre, Tel: 6836 2188 COMFORT DESIGN 110 Eunos Ave 7, Comfort Design Building, Tel: 6747 4809 COS #03-19/23 ION Orchard, Tel: 6238 8933 CRATE AND BARREL Orchard Gateway, Tel: 6634 8488 DIANE VON FURSTENBERG #01-08A ION Orchard, Tel: 6509 9062 DOROTHY PERKINS #01-39/40 Great World City, Tel: 6735 5657 DR MARTENS #02-17 Wheeck Place, Tel: 6737 6278 DREAM 456 River Valley Rd, Tel: 6235 0220 ESKPADE #03-20 Mandarin Gallery, Tel: 6887 3680 FRED B2M-200 The Shoppes at Marina Bay Sands FREE SPACE INTENT www.fsi.com.sg FORTYTWO www.fortytwo.sg FOX KIDS & BABY #03-02 Raffles City, Tel: 6337 8628 GAP #01-130/131 Vivo City, Tel: 6376 9870 GRAFUNK #02-34/35/36 Millenia Walk, Tel: 6336 6046 H&M #B3-28 ION Orchard, Tel: 6509 8902 HIPVAN www.hipvan.com HOWARDS STORAGE WORLD #04-43 Plaza Singapura, Tel: 6238 8048 IKEA 60 Tampines North Dr 2, Tel: 6786 6868 JUICY COUTURE #B2-86/87 The Shoppes at Marina Bay Sands, Tel: 6688 7990 KANDEE #02-08 Mandarin Gallery, Tel: 6733 0545 KAREN GEE www.karenghee.com.au KATE SPADE #01-24 Raffles City, Tel: 63380969 KI-MONO.NET www.ki-mono.net LA PETIT SOCIETY www.lepetitsociety.com LOUIS VUITTON #01-23 & #02-14 ION Orchard, Tel: 6788 3888 MANGO #02-23/24 313@Somerset, Tel: 6376 9478 MEGAFASH www.megafash.com MICHAEL KORS #01-16/17 Scotts Square, Tel: 6723 8068 MISS SELFRIDGE #03-48A/49 Paragon, Tel: 6836 4867 MOISELLE #03-01 Paragon Shopping Centre, Tel: 6235 0535 MOSCHINO #01-04/05 Paragon Shopping Centre, Tel: 6732 1375 MULBERRY Club 21 Four Seasons Hotel, Tel: 6304 1386 NARS Sephora ION Orchard, Tel: 6509 8255 NEW BALANCE #01-39/42 Novena Square Shopping Centre, Tel: 6352 1826 PANDORA #B1-25 ION Orchard, Tel: 6509 6131 PAZZION #02-190 Vivo City, Tel: 6876 9137 POH HENG JEWELLERY #01-03 Orchard Shopping Centre, Tel: 6884 9339 QUINTESSENTIAL #02-01 Pacific Plaza, Tel: 6737 8444 RALPH LAUREN #01-110/111 Ngee Ann City, Tel: 6735 7131 RAOUL #02-49 Paragon Shopping Centre, Tel: 6737 0682 ROGER VIVIER #02-12F Ngee Ann City, Tel: 6737 8444 SALVATORE FERRAGAMO #01-10 ION Orchard, Tel: 6509 8003 SEED #02-K3 Parkway Parade, Tel: 6348 9103 SEIKO #01-03 Vivo City, Tel: 6376 8081 STUART WEITZMAN #02-12E Ngee Ann City, Tel: 6734 2231 SUPERGA #B2-04 Wheelock Place, Tel: 6235 1322 SWAROVSKI #B1-17/18 ION Orchard, Tel: 6509 9293 THE MINDFUL COMPANY www.mindful.com.sg THE SCIENTIST www.thescientist.com.sg TIFFANY & CO. #B1-132/133 Marina Bay Sands, Tel: 6688 7728 TOD'S #01-48 Paragon Shopping Centre, Tel: 6738 3323 TOM FORD #B1-128 The Shoppes at Marina Bay Sands, Tel: 6222 3778 TOPSHOP #01-06/06 Knightsbridge, Tel: 6733 9812 TORY BURCH #02-28-32/54 Wisma Atria, Tel: 6733 2980 UNIQLO #02-28-30 Tampines 1, Tel: 6587 0093 VALENTINO #01-03 ION Orchard, Tel: 6509 8062 WAREHOUSE #03-46 Paragon, Tel: 6884 9458 WHAT WOMEN WANT #02-22 Mandarin Gallery, Tel: 6887 4853 YOSI SAMRA Robinsons Heeren Orchard ZARA #B2-33 Capitol Piazza, Tel: 6394 1510

# What's in Store?

Here's a guide to new, must-try items and services, so you can browse through them here before you shop



## Power Up

One month at PowerMoves is all it takes to strengthen and tighten the muscles holding your body together! Experience the body-altering effects of Pilates that will help you look and feel positively different. Unlimited Matwork classes available at \$550. Call 6455 2221 for more information.



## Handy Moisturiser

Glyomed's Hand Cream moisturises, resulting in smoother and softer hands. A unique composition of active ingredients makes this an indispensable companion to care for rough and dry skin. At \$8.20 (50 ml), from selected Guardian stores.



## Matte Match

Try out THEFACESHOP's new Oil Control Water Cushion SPF 50+/PA+++ for a lightweight, perspiration-proof foundation that controls sebum and provides even coverage. At \$29.90, from THEFACESHOP stores.



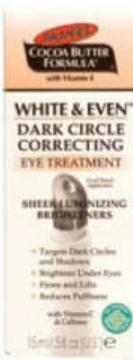
## Care For Kids

Easy to use thanks to its pump dispenser lotion, Daylong Kids SPF50+ Face & Body Lotion provides optimal and consistent coverage for reliable skin protection. At \$39.90 (150 ml), from selected pharmacies.



## Soothe With Rose

Relieve your skin of dehydration with Erabelle's Rose Otto Hydrosol. This unique facial mist hydrates and contains anti-inflammatory properties. At \$68.16 (two 30 ml bottles), from [www.erabelleshop.com](http://www.erabelleshop.com).



## Bright Eyes

Get rid of those pesky dark circles and under-eye shadows with Palmer's White & Even Dark Circle Correcting Eye Treatment. A triple blend of caffeine energises peepers. At \$22.90 (15 ml), from leading retailers.



## De-age Your Tresses

Suffering from the consequences of menopausal hair loss? Plantur 39's Phyto-Caffeine Shampoo remedies this with its specially formulated product that nourishes the scalp. At \$18.90, from leading retailers.



## Scalp Help

Botanic Creation's Clarifying Scalp Therapy uses only Essential Oils-based products to combat hair problems. First-time customers enjoy one session of therapy at only \$58 (UP \$238), valid till September 30.



### Juice Boost

A richer and more nutritious juice is possible with the Kuvings WHOLE Slow Juicer. Thanks to the wider feeding tube, you can squeeze whole apples in at once to prevent unwanted oxidation! At \$798, from all major electrical and department stores.



### Mane Gain

Save your tangled locks with Hydra Intensive Therapy from Botanics Creation, containing collagen protein, keratin protein and silk amino acids. At \$58 (UP \$238) for first treatment, valid till September 30.



### Glowing Skin Boosters

This fruit-flavoured drink contains 10,000 mg of hydrolyzed collagen, vitamins B2, B6 and coix seed extract to reduce wrinkles and keep skin healthy and younger looking. At \$56.50 (10 bottles), from leading pharmacies.



### Peel Appeal

Crystal clear skin is easy with CNP Laboratory's Invisible Peeling Booster. Gently exfoliate skin with this revolutionary peeling product that requires no rubbing or rinsing! At \$48.90 (100 ml), from major Guardian stores and [www.cnpcosmetics.com.sg](http://www.cnpcosmetics.com.sg).



### So High, So Fly

Experience the adrenaline rush of falling through the air from 12,000 to 3,000 feet whilst gazing upon a panoramic view of the South China Sea while you fly at iFly Singapore! Visit [www.iflysingapore.com](http://www.iflysingapore.com).



### Voulez-Vous

Newly revamped, Chez Vous has expanded its range of services. On top of their core offerings, upcoming initiatives include cheeky by appointment-only makeover parties chocked full of surprise treats. Call 6732 9388 for more information.



### Healthy Digestion

The only cultured milk drink in Singapore with both prebiotics and probiotics, Vitagen Less Sugar is also specially formulated for the health-conscious. At \$3.05 (1 pack), from leading supermarkets.



### Cool Fat Killer

Making use of their patented cooling process and non-invasive technology, CoolSculpting by ZELTIQ targets and eliminates fat cells safely with minimal downtime. Visit [www.coolsulpting.com](http://www.coolsulpting.com).



### Radiant Exuberance

Bellezza Aesthetics tailors facial treatments to effectively treat your skin problems. Their Timeless Radiance Facial Treatment provides visible results in just one treatment! First trial at \$38 (UP \$368), call 6223 2533.

# “I’m a



# BAKER”

ver since I was young, it’s always been a dream of mine to become a professional patissier and open my own little bakery. When I joined the work force a few years ago, I started attending baking lessons, and bought many expensive baking tools and appliances for my kitchen. My passion was great, but sadly, my skills were not...

When I first started, I took baking lessons at the community centre. My sister Dora\* joined me then. Dora also had an interest in baking, although not as much as me. But she had a knack for it and was quick to pick up all the tips the instructor taught us. Plus, she was precise in measuring the ingredients and was also very creative, so all her cakes and pastries turned out both delicious and pretty.

My baking results, on the other hand, were mostly dismal. As much as I tried, my cakes were tasteless. The pastries usually fell flat, instead of rising to become fluffy and crispy like those made by French bakers. Once I made chocolate eclairs, and when we did a class tasting, I could see from everyone’s faces that mine did not please anyone at all.

All my classmates were very encouraging, especially Dora, who helped me a lot. I was determined to improve. After the course ended, Dora stopped lessons, but I continued to take them. Eventually, I signed up with a professional baking school and had been with four different schools since for the past three years. But I never got better... I kept telling myself I would and Dora encouraged me so I persevered.

One day, I organised a tea session for some friends and ex-classmates at home. I loved planning for these as I could put my skills to the test and it gave me a chance to get feedback. But many times, they did not go well as my bakes turned out bad.

During that particular session, I woke up really early to make canapés and a strawberry shortcake. It was one big disaster. I was upset and panicking, trying to salvage what I could, when Dora came into the kitchen. Seeing what had happened, she calmed me down and started to help me. I was a wreck and could not do much, so Dora made everything from scratch. I was so grateful, as she

whipped up a fine spread before my guests arrived.

I thanked Dora, who had to leave for a movie then, and went about prettying up everything. When my friends came and sat down for tea, I could see they were all very impressed. Everyone started congratulating me and praised me on how much I had improved. I was basking in all the compliments and did not admit that it was my sister who baked the sweets.

From that day onwards, I enlisted my sister’s help each time to bake for my tea sessions, and would always pass off the efforts as mine. My sister did not mind as she’s rather nonchalant about baking. To her, these treats were just something to make and eat. But to me, baking creations were something to be proud of.

I even posted pictures up on Facebook and Instagram to show off my cakes, and have garnered a rising number of followers and fans. Deep down I know that these are not truthfully my creations, but I feel so proud and happy each time someone hits “Like” or leaves compliments for me. I cannot bear to give up that feeling.

While I continue passing off Dora’s bakes as my own, I have been secretly trying to improve my skills by taking private lessons and learning as much as I can from YouTube. I hope to one day be able to be as good as Dora, so I can rightfully make everyone smile when they taste my creations. But right now, I just have to continue to be a fake baker to keep up appearances. **W**

\*Name changed to protect privacy.

## Got a secret you can't tell anyone?

Share it with us – anonymity guaranteed. The sender of each published story receives \$100. Send your letter to SWW/ Share A Secret, #03-01A/B Concorde Shopping Centre, S169075. You can also email your story to [sww@sph.com.sg](mailto:sww@sph.com.sg). Include your address, NRIC and telephone numbers so we can contact you about your fee.

**TWININGS**  
OF LONDON  
SINCE 1706



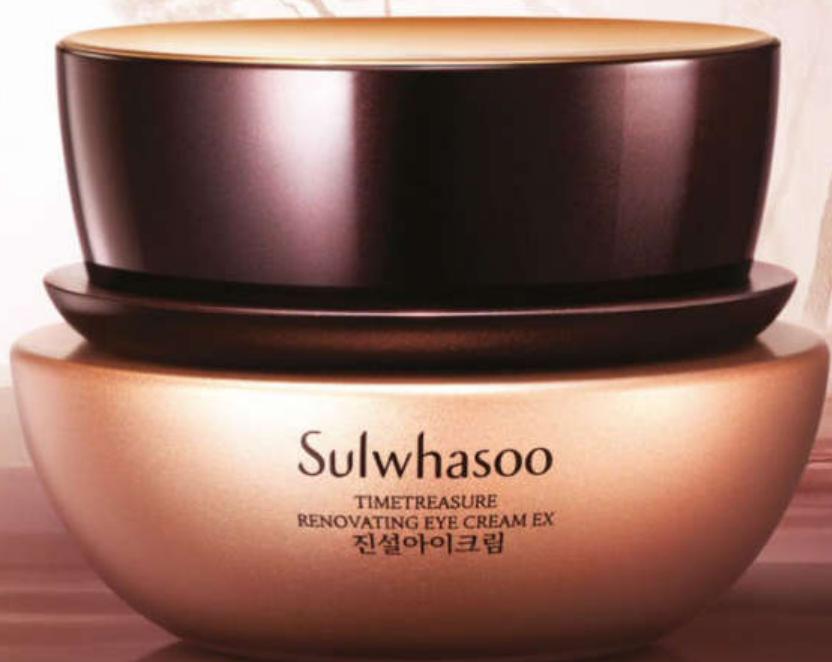
BY APPOINTMENT TO HER MAJESTY QUEEN ELIZABETH II  
TEA & COFFEE MERCHANTS & TWININGS TEA COMPANY LIMITED, LONDON

ESSENCE OF TASTE



雪花秀

TIMETREASURE  
RENOVATING EYE CREAM EX



Sulwhasoo

Holistic Beauty from Asian Wisdom

# DIGITAL EDITION BONUS

# THE SINGAPORE Women's Weekly



MAKE FROM SCRATCH OR WITH READY-MADE BASE

THE SINGAPORE  
**Women's Weekly**

DIGITAL EDITION BONUS



**INDIAN LAMB & PANEER PIZZA**

# Indian Lamb & Paneer Pizza

Prep 15 mins (plus proving) • Cook 25 mins • Serves 4 (2 pizzas)

---

- 1 cup warm water
- 1 tbsp olive oil
- 2 tsps brown sugar
- 7 g sachet dry yeast
- 3 cups bread flour, plus extra
- 1 tsp fine salt
- ¾ cup Greek yoghurt
- ¼ cup korma curry paste
- 2 potatoes, peeled, thinly sliced
- 30 g butter
- 1 onion, diced
- 500 g lamb mince
- ⅓ cup frozen peas, thawed
- 250 g paneer, crumbled
- Mint leaves, mango chutney, to serve

- 1 In a medium jug, combine water, olive oil and sugar. Sprinkle yeast over liquid and set aside in a warm place 5 mins until foamy.
- 2 In a medium bowl, sift flour and salt together. Create a well in the centre, add yeast mixture and ½ cup yoghurt. Mix together. Turn dough onto a floured surface, knead 5 mins until smooth and elastic. Transfer to a lightly greased bowl, cover with plastic wrap. Set aside in a warm place 45 mins until doubled in size.
- 3 Preheat oven to very hot, 220 C. Warm 2 x 28-cm round pizza trays.
- 4 Punch dough with fist to release gas. Knead 1 min. Divide in half. Roll each piece on a floured surface to a 28-cm round. Lightly grease preheated trays, and transfer bases.
- 5 In a bowl, combine remaining yoghurt and curry paste. Spread half on each base, leaving a 1-cm border. Overlap potato slices on top. Bake 15 mins.
- 6 In a frying pan, melt butter over medium heat. Saute onion 1-2 mins. Transfer to a bowl. Increase pan to high heat, add lamb, cook in 2 batches 4-5 mins each. Transfer to bowl with onions and peas, combine.
- 7 Sprinkle half paneer over pizza bases. Top with mince mixture and remaining paneer. Bake 5-8 mins until golden. Slice pizza and top with mint and chutney.

THE SINGAPORE  
**Women's Weekly**

DIGITAL EDITION BONUS



SATAY CHICKEN PIZZA

# Satay Chicken Pizza

Prep 15 mins (plus proving) • Cook 15 mins • Serves 4 (2 pizzas)

- 1 cup warm water
- 1 tbsp olive oil
- 2 tsps brown sugar
- 7 g sachet dry yeast
- 3 cups bread flour, plus extra
- 1 tsp fine salt
- ½ cup Greek yoghurt
- 250 ml ready-made satay sauce
- 1 cup grated pizza cheese
- 2 cups shredded barbecue chicken
- 1 onion, finely sliced
- 1 red capsicum, seeded, diced
- 2 long red chillies, sliced
- Fried shallots, coriander, to serve

- 1 In a medium jug, combine water, olive oil and sugar. Sprinkle yeast over liquid and set aside in a warm place 5 mins until foamy.
- 2 In a medium bowl, sift flour and salt together. Create a well in the centre, add yeast mixture and yoghurt and mix together. Turn dough onto a floured surface and knead 5 mins until smooth and elastic. Transfer to a lightly greased bowl, cover with plastic wrap and set aside in a warm place 45 mins until dough has doubled in size.
- 3 Preheat oven to very hot, 220 C. Warm 2 x 28-cm round pizza trays.
- 4 Punch dough with fist to release gas. Knead 1 min. Divide in half. Roll each piece on a floured surface to a 28-cm round. Lightly grease preheated trays and transfer pizza bases to trays.
- 5 Spread satay sauce on bases, leaving a 1-cm border. Sprinkle cheese over. Top with chicken, onion, capsicum and chilli. Bake 12-15 mins until cheese is golden. Slice pizza and top with shallots and coriander.

**TIP:**  
Make your own pizza cheese by combining grated tasty, mozzarella and parmesan.

THE SINGAPORE  
**Women's Weekly**

DIGITAL EDITION BONUS



GREEK GARLIC ZUCCHINI PIZZA

# *Greek Garlic Zucchini Pizza*

Prep 15 mins (plus proving) • Cook 20 mins • Serves 4 (2 pizzas)

---

- 1 cup warm water
- 1 tbsp olive oil, plus  $\frac{1}{3}$  cup extra
- 2 tsps brown sugar
- 7 g sachet dry yeast
- 1 garlic clove, crushed
- 3 cups bread flour, plus extra
- 1 tsp fine salt
- $\frac{1}{2}$  cup Greek yoghurt
- 2 zucchinis, sliced into ribbons
- 250 g haloumi, grated
- 1 red onion, finely sliced
- 2 ripe tomatoes, thinly sliced
- 1 green capsicum, diced
- $\frac{1}{2}$  cup sliced pitted olives
- Oregano leaves, tzatziki, salad, to serve

- 1 In a medium jug, combine water, olive oil and sugar. Sprinkle yeast over liquid and set aside in a warm place 5 mins until foamy.
- 2 In a bowl, combine extra oil and garlic. Set aside to infuse.
- 3 In a medium bowl, sift flour and salt together. Create a well in the centre, add yeast mixture and yoghurt and mix together. Turn dough onto a floured surface and knead 5 mins until smooth and elastic. Transfer to a lightly greased bowl, cover with plastic wrap and set aside in a warm place 45 mins until dough has doubled in size.
- 4 Preheat oven to very hot, 220 C. Warm 2 x 28-cm round pizza trays.
- 5 Punch dough with fist to release gas. Knead 1 min. Divide in half. Roll each piece on a floured surface to a 28-cm round. Lightly grease preheated trays and transfer pizza bases to trays.
- 6 Brush half garlic and oil onto bases. Toss zucchini in remaining oil. Arrange over bases, leaving a 1-cm border. Bake 10 mins.
- 7 Sprinkle half haloumi over bases, onion, tomato, capsicum, olives and remaining haloumi. Bake 10 mins until golden. Scatter oregano and drizzle tzatziki over pizza, slice and serve with salad.

THE SINGAPORE  
**Women's Weekly**

DIGITAL EDITION BONUS



FRENCH HAM & CAMEMBERT

# French Ham & Camembert

Prep 15 mins (plus proving) • Cook 20 mins • Serves 4 (2 pizzas)

- 1 cup warm water
- 1 tbsp olive oil
- 2 tsps brown sugar
- 7 g sachet dry yeast
- 3 cups bread flour, plus extra
- 1 tsp fine salt
- ½ cup Greek yoghurt
- ½ cup caramelised onion relish, plus extra to serve
- 1 tsp fresh thyme leaves
- 200 g thick cut ham, torn
- 125 g camembert, sliced
- 60 g rocket leaves
- 2 tbsps French dressing

- 1 In a medium jug, combine water, olive oil and sugar. Sprinkle yeast over liquid and set aside in a warm place 5 mins until foamy.
- 2 In a medium bowl, sift flour and salt together. Create a well in the centre, add yeast mixture and yoghurt and mix together. Turn dough onto a floured surface and knead 5 mins until smooth and elastic. Transfer to a lightly greased bowl, cover with plastic wrap and set aside in a warm place 45 mins until dough has doubled in size.
- 3 Preheat oven to very hot, 220 C. Warm 2 x 28-cm round pizza trays.
- 4 Punch dough with fist to release gas. Knead 1 min. Divide in half. Roll each piece on a floured surface to 28-cm round. Lightly grease preheated trays and transfer pizza bases to trays.
- 5 Spread 2 tbsps relish onto each base, leaving a 1-cm border. Sprinkle with thyme. Top each with ham and cheese. Bake 15 to 20 mins until golden.
- 6 Meanwhile, in a medium bowl, toss rocket with dressing. Slice pizza, top with dressed rocket and serve with extra relish.

**TIP:**  
Bread flour contains extra gluten, which provides the structure. If you don't have any, plain flour still works well.

THE SINGAPORE  
**Women's Weekly**

DIGITAL EDITION BONUS



**ULTIMATE BREAKFAST PIZZAS**

# *Ultimate Breakfast Pizzas*

Prep 30 mins (plus proving) • Cook 15 mins • Serves 4

- ¾ cup warm water
- 1 tbsp olive oil
- 1 tsp caster sugar
- 7 g sachet (or 1 tsp) dry yeast
- 2 cups plain bread flour
- 1 tsp salt
- Polenta, for dusting
- 420 g can baked beans in tomato sauce
- 100 g prosciutto, thinly sliced
- 125 g cherry tomatoes, halved
- 180 g tub bocconcini mozzarella, drained
- 4 eggs
- 1 avocado, seeded, peeled, thinly sliced
- Basil leaves, extra-virgin olive oil, to serve

- 1 In a jug, combine water, oil and sugar. Sprinkle yeast over top. Cover and set aside in a warm place for 5 mins until foamy.
- 2 Sift flour and salt together into a large bowl. Pour in yeast mixture and mix to a soft dough. Turn out onto a lightly floured surface. Knead 10 mins until dough is smooth and elastic.
- 3 Place in a clean, lightly greased bowl. Cover and set aside in a warm place, 45 mins, until doubled in size.
- 4 Preheat oven to very hot, 220 C. Dust 2 large oven trays with polenta.
- 5 Punch dough down with fist to release gas. Knead for a few minutes. Divide into 4 equal pieces. Roll out each piece of dough on a lightly floured surface to 16-cm rounds. Transfer to trays.
- 6 Spoon beans evenly over each base, spreading to edges. Top with prosciutto, tomatoes and bocconcini. Bake pizzas 5 mins.
- 7 Crack an egg into centre of each pizza. Bake for a further 5 to 7 mins, until egg-whites are set and pizza bases crisp. Serve topped with avocado, basil and a drizzle of oil.

**TIP:**

You can make and prove pizza dough the day before, cover and place in the fridge overnight to retard proving. Return to room temperature before baking.

THE SINGAPORE  
**Women's Weekly**

DIGITAL EDITION BONUS



EASY PIZZA 2 WAYS

# Easy Pizza 2 Ways

Prep 15 mins • Cook 30 mins • Serves 4-6

- 4 x 150 g rounds ready-made pizza bases
- $\frac{1}{3}$  cup pizza sauce
- 340 g jar marinated artichoke hearts, drained
- 100 g green Sicilian olives
- 4 slices prosciutto, torn
- 12 bocconcini balls, torn
- $\frac{1}{3}$  cup caramelised onion relish
- 400 g kumara, peeled, sliced thinly
- 1 tbsp rosemary
- 150 g goat's cheese, crumbled
- Garlic oil, to drizzle

- 1 Preheat oven to hot, 200 C. Place pizza bases on 4 oven or pizza trays.
- 2 Spread 2 bases with pizza sauce. Top with artichokes, olives, prosciutto and bocconcini.
- 3 Bake 10 to 15 mins or until golden brown and cheese melts.
- 4 Spread relish over remaining bases. Cover with kumara slices. Sprinkle with rosemary.
- 5 Bake 10 to 15 mins or until kumara is tender. Crumble goat's cheese over. Drizzle pizzas with garlic oil to serve.

**TIP:**  
*When first batch of pizzas come out, pop next two in the oven and eat the hot ones straight away.*

THE SINGAPORE  
**Women's Weekly**

DIGITAL EDITION BONUS



**EGG & SALAMI PIZZAS**

# Egg & Salami Pizzas

Prep 10 mins • Cook 15 mins • Serves 4

---

- 3-pack round pizza bases (or you can use wraps)
- 1/2 cup thick tomato passata
- 1 red onion, finely sliced
- 2 cups shredded pizza cheese
- 200 g salami, thinly sliced
- 3 eggs
- Rocket leaves, to serve

- 1 Preheat oven to very hot, 220 C. Arrange pizza bases on 3 oven trays.
- 2 Spread each pizza base with an even amount of passata. Sprinkle each with onion and half cheese. Arrange salami slices around edges. Sprinkle with remaining cheese. Bake 5 mins.
- 3 Using the back of a spoon, make an indent in centre of each pizza. Crack an egg into each indent.
- 4 Bake a further 6 - 8 mins, until whites are set and yolks are still runny.
- 5 Scatter with a few rocket leaves, season to taste and serve in wedges.

**TIP:**  
*Add sliced char-grilled capsicum and a few sliced black olives.*

THE SINGAPORE  
**Women's Weekly**

DIGITAL EDITION BONUS



ITALIAN PORK & POTATO PIZZAS

# *Italian Pork & Potato Pizzas*

Prep 15 mins • Cook 15 mins • Serves 4

- 2 large prepared pizza bases
- 2 tbsps olive oil
- 1 potato, peeled very finely (*see tip*)
- 2 Italian-style pork sausages
- 1 sprig rosemary leaves
- 1 zucchini, peeled into ribbons (*see tip*)
- 150 g bocconcini, torn
- 1/4 cup cream
- 1/2 tsp chilli flakes (optional)
- 1 cup rocket leaves, loosely packed
- 8 semi sun-dried tomatoes, chopped

- 1 Preheat oven to hot, 200 C.
- 2 Place pizza bases on an oven tray. Brush each with half oil. Arrange potato slices evenly over bases in a single thin layer.
- 3 Squeeze sausage from casings and crumble 1 sausage over each. Drizzle with remaining oil and sprinkle with rosemary. Bake 5 mins.
- 4 Top pizzas with zucchini and bocconcini. Drizzle with cream, sprinkle over chilli. Season.
- 5 Bake a further 10-12 mins until cheese melts and bases are crisp. Scatter with rocket leaves and sun-dried tomatoes to serve. Accompany with salad, if liked.

**TIP:**  
Thinly shave potato using a mandolin and slice zucchini into ribbons using a vegetable peeler.

THE SINGAPORE

# Women's Weekly